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# Grass Roots

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- Winter Casseroles • Homemade Cider Vinegar
- Chamomile Lawn • Silk Worms • Seaweed

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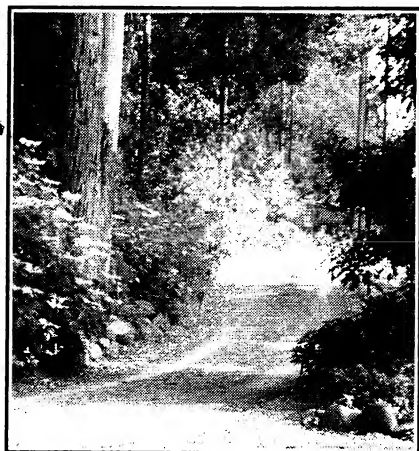
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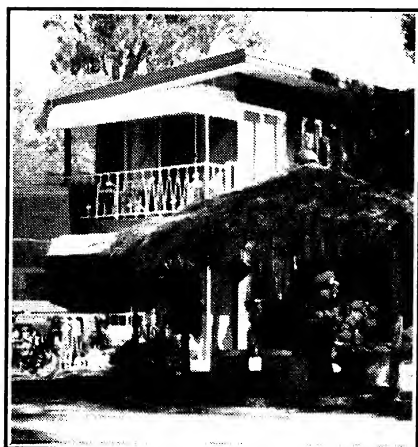
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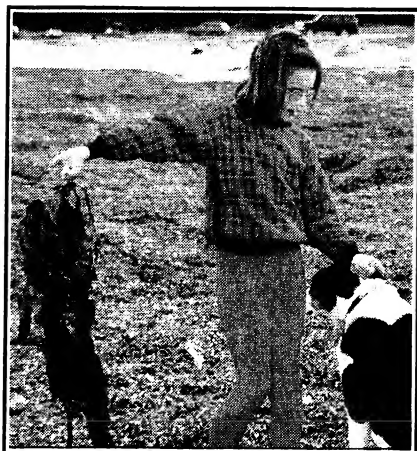
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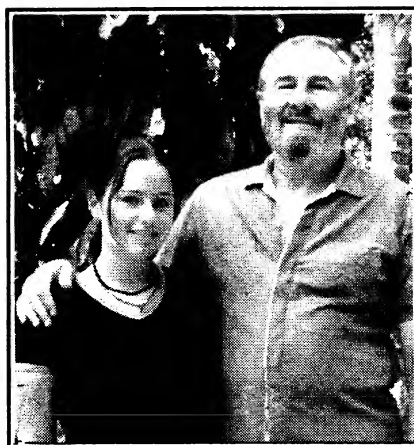
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Edited by Megg Miller and Mary Horsfall.

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## GUMNUT GOSSIP

by Megg Miller.

We were delighted back in late March when we put the cover together for GR 126, the issue which coincided with the launching of the very first GR twenty-five years ago. It's freshness and natural surroundings seemed to express the essence of *Grass Roots*. I may be biased, but I also think our choice of cover person – Sunshine was most fitting.

The office has been inundated with congratulatory comments. It seems just about everyone loved the cover, thoroughly enjoyed Suni's perspective on the issues of growing up under the GR banner and wanted to convey to all associated with the magazine over its quarter century their heartfelt thanks for the pleasure and assistance it's given. We anticipated some response but nothing as large as it's been. Your thoughtfulness and generosity has been overwhelming – it is unusual today to find people prepared to put their energy into thanking others, and especially a magazine. But then *Grass Roots* isn't just any magazine, nor are its readers commonplace. Thank you one and all for conveying your enthusiasm and pleasure, and thank you to the many readers whose contributions over the years have helped develop the GR ethos.

One of the unexpected benefits has been catching up with old friends. We've heard from many former readers and contributors, and from folk who still enjoy the mag but no longer write or share their experiences. Some of these letters are for publication, others just personal notes exchanging news and wishing us all well. Believe me, both Mary and I have had many moments when a lump came into the throat and a tear to the eye. There truly is a deep bond between us all.

I can say with immense pride that even one of my former pupils has touched base. Skye's 'reader story' is featured this issue, but it doesn't say how angry and lost she was at school, and what immense guts and determination it must have taken to get her life together. *Grass Roots* and the help and friendship of many readers was integral to Skye's success.

On a sadder note, we have been advised of the passing of Colin Franklin, a longtime reader and contributor. Despite

chronic ill health, Colin was a prolific writer to Feedback and fellow readers, and happily shared his knowledge. Some of you will recall his excellent column 'Browsing Through' in which he answered readers queries. Many readers have been recipients of his generous advice and will share our regret at the passing of such a kind-hearted and larger than life individual.

You'll notice in this issue news about the celebrations for the Nimbin Aquarius Festival Anniversary. The release of GR 1 only just preceeded this event; 1973 was an exciting time for young people or those searching for a different way of life. Mention this era to young folk and their eyes light up, its magic has grown with the years to the point of becoming a legend. The chosen theme for the celebrations shows much foresight – building bridges across the generations – and we hope readers in the wider area will join in the remaining events that are to be staged. Congratulations Aquarius for the immense social and cultural changes that had their origins in the first coming together back in 1973.

In the rush of meeting deadlines this year I've neglected to mention that we have a new staff member, Shelley. Those of you with display adverts will probably have spoken to Shelley on the phone, as she is coordinating the advertising. She is a keen gardener and was delighted to take home bags of chook manure; what other credentials are needed to mix in well here? Hopefully the job is losing its daunting aspects now Shelley's been here for a few months and she begins to enjoy the unique aspects of working on a magazine like *Grass Roots*.

It's difficult here at the moment to get any work done, because the winter months spell holiday time. No one can leave their garden or animals in the hot weather so come winter there is a race for time off. It's not easy to shuffle the jobs around because we are all specialists in our field and not really capable of doing anyone else's job. When this goes off to the printers Kim will be off to the north for two weeks sun and surf. She's making us all horribly jealous by dropping hints about the lazy time ahead. As Kim returns Mary heads off with the family to Nelson Bay. We drooled over last year's



photos which depicted balcony breakfasts of luscious tropical fruits and visits to beautiful beach and bushland. As the nights get colder and winter settles in we'll have our moments of envy but they are both such hard teamworkers they deserve a relaxing break.

This year we've done a lot of thinking and scratching our heads over space, as the office is incredibly crowded. There are boxes of books and magazines everywhere and when we discussed taking on Shelley the first question the team asked was: 'Where will she sit?'. Rest assured she has a chair, but she doesn't have a work station to call her own. The old army store has reached capacity. And so soon we're going to move. We have a large area of space in a former textile factory in Seymour, and when it's fitted out we'll relocate the contents of the office.

Most of us have mixed feelings, we'll miss the honking geese and raucous guineas, and the picturesque hens and chicks that march by. The team won't miss the turkeys, that roost and leave parcels on their cars. I won't miss the toilet, which always stops flushing when there is a deadline and I've got to stop and fix it. It's been an absolutely wonderful environment to produce a mag like GR in, genuinely down-to-earth. We have a few more months to enjoy the rural idyll as renovations are progressing slowly. Both Kim and Mary expressed disappointment that the nasty packing and moving wasn't timed for their holiday. We'll have to draw straws to see who can have time off then. It's rather ironic that we've completed 25 years of publishing in the backyard, so to speak. Perhaps it's timely as we move into our next quarter that we have a new environment.



# ON THE LAND AT DIGGER'S REST

by Carolyn Landon,  
Warragul, Vic.

Just before the last issue went to press we were thrilled to be contacted by Carolyn and Larry, two of the people featured on the cover of the very first issue of *Grass Roots*. We know you'll be delighted to read this article by Carolyn reminiscing about their early experiences on the Land.

We were very young then, when John, Larry and I found ourselves on the first cover of *Grass Roots* and 'on the Land at Digger's Rest'. There was also Bob and Eric and Nicki and Scott and Michael, and anyone else who blew in. We were idealistic, energetic, creative, and full of optimism, but, I'll tell you what, we didn't know much about the Land.

Bob was the only one of us who had ever lived on the Land, but he had escaped from his large Catholic family eking it out on a small dairy farm in Gippsland and come to Melbourne Uni on a studentship and never gone back. The rest of us were Uni friends or, at least, a group of people who kept running into each other as we knocked about the communal enclaves in Carlton and North Melbourne.

Some of us were first or second-year-out teachers working off our studentships in Western suburbs schools, looking for an alternative, for ourselves and our students, to the working class desert we found ourselves in. We could escape to the Bug House or curries at Jamaica House, but where could the kids go? We wanted to teach our kids about

'alternatives'. We wanted them to believe they had choices. We wanted to find a place on the Land and go back to basics, to let the kids we were teaching learn real values on the Land with us. So, Bob and I went looking for a farmhouse to rent somewhere west of the city within a half an hour's drive from work in St Albans; something with maybe a shed and a bit of Land attached that we might be able to use for a garden.



What we found was a godsend, up Blackhill Road just out of Digger's Rest, only twenty minutes of fast driving along country roads to school. It was a 100-year old farmhouse surrounded by a picket fence and an old-fashioned garden growing out of control. Outside the house yard was a farmyard: there was a huge shed which contained old rotted out hay and a tractor (Can we use it? No worries!), another small shed for grain storage, a chook shed, good solid cattle yards with a brick and timber loading race. Behind the house was twenty acres of Land that we could use any way we wanted. This was part of a larger farm that must have been prosperous once. There were no neighbours that we could actually see. All for \$20 a week! We couldn't believe our luck. We'll take it!

The house was furnished, and so were the sheds. It was unbelievable, 100 years of stuff. The best thing was a huge antique table Eric and Bob pulled out of the shed and brought into the kitchen. It had gouges and knife marks in it. It must have been used as a killing table. We can clean it up. It'll seat fourteen people at least! There were long benches out on

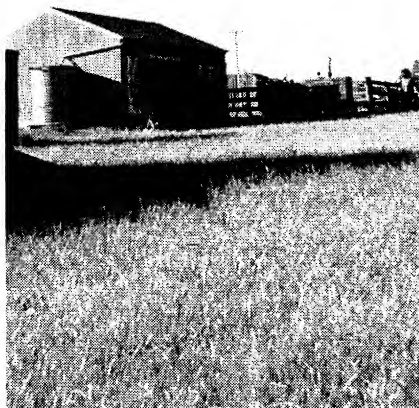


the veranda that fitted it exactly. At one end of the kitchen was a fireplace and next to that a wood-fired stove. There was electricity so we could have a fridge, but no hot water, a bathroom with a tub and no shower, an outdoor dunny which was a bench sitting over a large concrete hole in the ground. There was another fireplace in the lounge and an old out-of-tune piano which had brass candle holders fixed to the front of it.

There was queer ancient furniture all over the place: a strange leather couch, a rocking chair, a metal bedstead, funny little cupboards, a meat safe. In my bedroom, I found a suitcase full of old photos, formal ones from early this century, of a man sitting proudly on a stock horse with his legs stuck forward heels down, a young man in uniform going off to WW1, a farmer with his team of plough horses working in the paddock. These pictures were in frames. Wow! This is so old! There were two beautifully framed death notices from the 1890s hand-written in fine calligraphy.

We hung all the best photos in the lounge room with the greatest respect. Clearly, these were real people of the Land. One day, as we were all sitting at the big table for dinner, there was a loud crash in the lounge room. One of the photos had fallen out of its frame. But looking out from the frame was another, older, photo; a daguerreotype of the original settlers, two dour people, a man and a woman, staring at us as if they were judging our very souls. I know I felt a shiver down my spine and suddenly we all became serious. We were on the Land, these people's Land, and it was time to take the bull by the horns and work the Land.

Bob immediately went out to the shed with some of the boys and began to nut-out the workings of the tractor. They worked for three days before Eric got sick of it and drove into Vic Market and came back with a boot full of chooks. Well, five hens and a rooster. They were beautiful bantams, small and quick. On the bookshelf in the lounge room I found a pamphlet by K J Staples called, *Keeping Chickens*. It was the most informative and practical guide. In the selecting-the-breed chapter, it didn't say anything about bantams. We started keeping a 'chook bucket' next to the sink, as was recommended in the feed chapter, and we made nests out of kero tins we found in the big shed, as was recommended in the housing chapter. The



chook shed was good enough, but it needed a mesh yard around it, according to K J Staples. So we went to town, bought some mesh and put up a yard. It didn't keep the chooks in as well as it kept them out so we ended up leaving the yard gate open and letting our chooks become 'free range'. They ranged everywhere, and eventually we found out that those little bantams were good mothers! What cute little chicks! Pretty soon we had enough chooks to warrant a licence.

Meanwhile, Bob and the boys still worked on the tractor, a huge red and rust coloured McCormick-Deering. They'd had it apart and together twice, but it seemed to have them stumped. Bob had only ever been close to a squat grey Fergie in the Gippsland hills. While the tractor stayed stubborn, most of those cute little chicks grew up to be cocky young roosters. Their crowing was driving us crazy. Well, we'll have to do something. Some of us were vegetarians, but not all of us were so we decided to try one for dinner. Eat a bantam? I told you we didn't know much. Firstly, who has enough courage to kill one of the chooks? Secondly, how do you do it? Thirdly, how do you pluck a chook? Fourthly, how do you gut it? We needed a book. I can't find the book we used, but I remember we had two pages of illustrated instructions sitting out in the yard which we followed every step of the way. Larry killed the chook, with his eyes closed and a horrible look on his face. I loved him for that.

I was the woman so, according to Eric, it was my duty to boil the water, dip the headless chook in it, pluck it and gut it. The plucking was easy enough,

but the gutting! I remember laying the chook out on a stump. I had the sharpened knife poised. Now what? John read the instructions. Okay, done that, now what? Eric showed me the picture. Right! Do you suppose this is the vent? Could be. At last the poor little chook was cleaned.

Larry took it into the kitchen put stuffing in it, patted it with seasoning, and put it in the oven to roast. It smelled beautiful, but when we came to eat it, we had to chew and chew and chew and chew. For a little bird, it took a lot of eating. We grinned at each other as we chewed. Were we satisfied? Yes! Were we self-sufficient? Well, we thought this was the beginning. Did the dour couple hanging on the wall approve? We were afraid to ask.

The work on the tractor went on. Someone has taken the bloody distributor cap!

The kids at school gave us a 'working dog' pup, immediately named Woofa. He was a beautiful tri-coloured mostly Border Collie. And he worked all right, worrying anything that moved all day every day all of his life. One of Bob's student's gave him a cat. We named him Ludwig because he used to run up and down the keys of the piano and terrify us in the middle of the night until someone realised we could put the lid down over the keys. Bob used to let Ludwig run over his hands while he was playing the piano and he considered it extremely creative. The lab assistant from school gave us a day-old Hereford calf, saved from the abattoirs. We kept it in a little yard lined with hay bales to keep it warm and bucket-fed it twice a day. It thrived. Soon we let it out to nibble at grass and it followed us around. The school kids loved it. One of the girls' boyfriends gave us a pony, Blackie. He was wonderful, but hard to catch. When he was caught and saddled and mounted, he would either bolt off down the paddock or stand stock still and refuse to budge. The kids loved him anyway. One year-seven boy reckoned he was going to become a jockey after surviving one of Blackie's bolts.

At last, Bob and the boys seemed to be getting somewhere with the tractor. Bob and John were at the front about to turn the crank. The rest of us were watching. Ready? Go! Crank, nothing. Crank, nothing. Deep breath. Crank, kick, yes, nothing. Try again. Crank, kick, yes! The motor began to burble

when the tractor suddenly lurched and began to move backwards. We stood watching with our mouths open. No one was driving it. That red monster went right through the back of the shed before it came against a strong fence post holding up the fence just behind the shed and the thing stopped. No one was hurt. Gawd, look at the shed, will ya? What'll we do? We looked at the horror on each other's faces and then we began to laugh. Laughter came from our bellies, we rolled around, our eyes streaming. There the tractor sat. Well, it's out of the shed, at least! Yuk, yuk! I wonder if we'll ever get it started again? Hee, hee! Bob went grimly back to work.

The lady who cleaned the kitchens at school gave us a lamb, Lamb-Lamb. Now she's a pet and you're not to eat her! Of course not! Lamb-Lamb became the bane of our lives. When we brought her home, she was still cute and cuddly, just being weaned. She followed us everywhere bleating and butting our legs looking for a drink. As she got bigger she started knocking the little kids down with her butting. During plum season, Lamb-Lamb discovered the joys of eating the juicy fruit, pip and all. All night long, she would sit on the veranda beneath my window, regurgitate those plums, chew on the pips and one-by-one spit them out. Burp, chew, spit. The pips rolled like Jaffas across the wooden veranda. I heard it all.

One day, Bob got the tractor going all by himself. We were all busy with our own things when suddenly there was Bob driving by on that red machine heading out to the paddock. He hitched up the plough that had been cleaned up and was waiting for him and he began to plough up a section for our long-ago-planned vegetable garden. We all dropped everything and came running to

see 'The Ploughing of the Field'. I'll never forget watching this event: the noise, the black smoke, Bob steering a fairly erratic oval course, bouncing along, hair and beard flying, gripping the steering wheel, barely able to keep himself on the metal seat, the ploughs digging in, and, miraculously, The Soil Being Turned! He took a few turns around the paddock, then over it once, over it twice and we were ready to move in with our hoes and rakes and mattocks and seeds.

Did we know how to prepare a garden bed, plant seeds, irrigate? Not really, but we did it. The rows were too far apart. We watered with buckets, carting them one at a time from the tap next to the windmill. We had no knowledge of manure and mulching, but the plants came up anyway. It's the few rows of corn you see us standing in front of in the cover photo of GR 1, the first plants I had ever in my life helped to grow. If we were growing vegetables, then surely we must have learned something about being on the Land. Maybe the dour couple on the wall was smiling at us now!

Whenever we think back on those days 'on the Land at Digger's Rest', we smile. Larry and I were married while we were there and had our wedding there. It was wonderful. Eventually, people began to move away, disperse, and finally, last of all, so did we. We moved to North Fitzroy when the owners decided they were ready to come back onto the place themselves. But after living freely in the open air for three years, we couldn't settle. As a direct result of our experiences at Digger's Rest, we now live in Gippsland on forty acres of our own. We raise sheep and have learned about fat lambs and markets, shearing and wool prices. We have also learned about pasture, blackberries and ragwort,

fencing, shed building, tree planting. We have just about finished raising two boys (now at university) along with their horses, dogs, chooks, calves, and vegetable gardens. Students who used to visit the farm at Digger's Rest are still in contact with us and will never forget those fond days. We know a lot more about being on the Land now, but Digger's Rest was the beginning.

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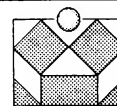
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# ROBERINO'S TRAVEL TIPS

by Roberino, Arrawarra Beach, NSW.

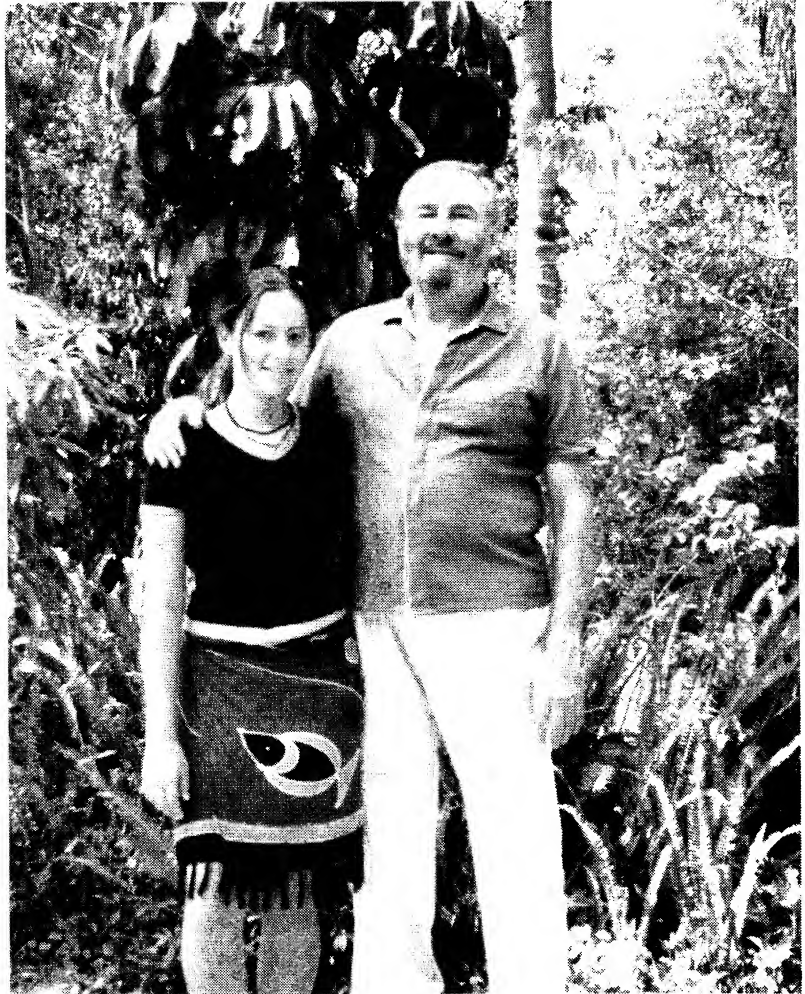
Many people ask about the best vehicle to take on a round-Australia trip. My answer always is, not a new one. I've seen people do it and I know how much they got for the vehicle when they returned. Unless you can waste a lot of money, buy a 10-15 year old vehicle.

Everyone has a dream of some sort for the Big Trip. It may be driving into inaccessible fishing places. In that case get a crocodile-proof 4x4 and fit it out for a 'mission impossible' game with bog mats, big-money super winches and a satellite navigation system and EPIRB (Emergency Position Indicating Rescue Beacon – Sarsat compatible) in case things get grim. If it's a fairly normal dream with occasional normal beach fishing, you'll get most places and have a comfortable trip in an old Falcon XE/XD wagon fitted with LSD and 15 inch wheels from a car wrecker. A new set of 215 x 70 x 15 Bridgestone Desert Dueller tyres will get you out of most dramas. These are a light truck radial tyre fitted to a lot of four-wheel drives.

If you don't know much about cars and have the money, a reconditioned engine and gearbox may pay for itself in peace of mind. Get a good, placid, thorough, type of car mechanic to go over the safety issues such as brakes and steering. Replace all rubber items such as fan belts, water hoses; even a reconditioned big radiator from the XD V8 could be a lifesaver.

Fly wire screening (two metres) securely fixed at the front over the headlights and grille will protect a lot. If you must drive at night or sunrise/sunset a bull/kangaroo bar may be worthwhile. Carry oil and water!

If you can't afford a lot of speeding fines and court cases, then take it easy – you and the car will enjoy it much more. Be warned that there are a lot of plain, unmarked police cars and hidden radar traps. If money is burning a hole in your pocket and you feel it's your duty to give the government more tax money, some states may require you pay within a few days before leaving that state, and may impound your vehicle until they see the loot.



Roberino and daughter, Sunshine. Prepare an old vehicle and practise at home before leaving on your round-Australia trip.

Take at least one small fire extinguisher and first-aid kit.

The question of whether to tow a trailer or campervan is up to you, and how many people are in the car. Some people feel insecure unless they are towing something on a holiday and even taking the kitchen sink along. I travelled for nine months all over Europe with only a 20 litre backpack, so I often wonder about some people I see with probably their whole house and shed contents, pets, bikes, boats and so on. One bloke I talked to had two wives on his trip, and the three of them looked happy enough. Oh well, better him than me, I thought.

If a whole tribe isn't on the trip, a

foam mattress in the back of a wagon is comfortable enough and a large space blanket type of tarpaulin is good as a lean-to awning. Anyway, a small three-person tent is a good idea in case someone becomes obnoxious with a bad dose of gas and you suddenly would like some space/fresh air of your own. It can and does happen and your holiday is about being happy right?

Where and when you go will determine what clothing and bedclothes you'll need. Your food requirements can run into a lot of money if you're not a fruitarian, especially the safe storage of it so it doesn't go off. Think about it and practise for two weeks at home using ex-

actly the food and means of storing and preparing it, and washing up, that you hope to use on the trip, so you can get it right from the beginning. Also practise sleeping in the station wagon/tent in the backyard for a week to see how it's going to go and if you need to borrow an extra doona or pillows. The neighbours will think you're nuts, but they've always thought that, so don't lose any sleep over it. And it always costs more than you think it will, so have a bit in the bank, Frank. And have a wonderful trip.

## Do you sleep with Grass Roots?

Is your bed surrounded by GR mags that you flick through every night? If so, get some **GR Binders**, fill them up & place them under the bed (within reach of course) – now you're organised.

Good night, sweet dreams...

**Each one holds 10 issues  
See last page for details**

# WORLD ENVIRONMENT DAY

World Environment Day is on the 5th of June. In keeping with the UNESCO 1998 International Year of the Ocean, the theme for World Environment Day this year is **For Life on Earth: Save Our Seas.**

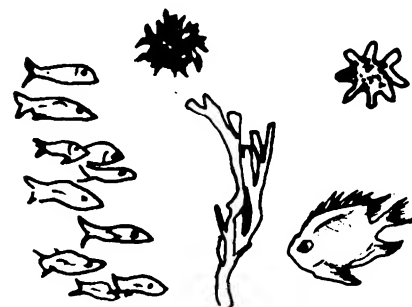


The aim of the day is to raise community awareness about the need to care for the seas and the animal and plant systems within them. Consider contacting Environment Australia on 1800 803 772 or your local environmental group to find out if there is anything you can do to help save our seas.

In Australia one of the most important marine areas requiring our protection and conservation is of course, the Great Barrier Reef. This unique tropical marine ecosystem was inscribed on the World Heritage List in 1981. Since then, problems have arisen about development, extractive and scientific activities giving appropriate consideration to the World Heritage nature of the region. In order to guide the management of the area, a consultancy has been recently undertaken to clarify the World Heritage nature of the

Great Barrier Reef and its implications for management. One of its findings is that terrestrial run-off resulting from unsustainable land use is probably the most serious threat to the integrity of the Great Barrier Reef World Heritage Area. The report provides a management approach for the area that recognises its World Heritage status and sets out appropriate objectives and strategies.

For more information about this report contact the Great Barrier Reef Marine Park Authority, PO Box 1379, Townsville 4810. The CRC Reef Research Centre is another resource to provide up to date research information. You can subscribe to their free bi-monthly newsletter. CRC Reef Research Centre, C/-James Cook University, PO, Townsville 4811.



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# THE JOYS OF SEAWEED

<sup>1</sup> by Jodie Kewley, Red Hill South, Vic.

When other people go to the beach they take along towels, rugs, plastic buckets and spades. When I go I take empty layer-pellet bags and prepare to get dirty. It is the sea grass, kelp and bladderwrack I am after, valuable materials many beachgoers regard as little more than beach 'litter'. And perhaps to them I appear a true 'beach bum' as I stand knee-deep in sea grass, picking over the shore's treasures.

Who cares? I feel rich when I leave – my car groaning under the weight of the sea materials, hordes of tiny insects dancing around the wind-screen – and my garden, I know, will appreciate my efforts.

All seaweed is highly enriched in nutrients and trace elements. Kelp (the flat brown strap-like seaweed) is probably the best source of potash. Bladderwrack (the seaweed with the round bubbles that children love to pop) contains less potash but is still good value. As mulch it adds flavour to crops and is said to ward off carrot fly when applied around carrot beds.

Seaweed can be used at any time of year. It should be collected as fresh as possible because it loses its nutrients quickly, especially nitrogen. It should also be used immediately and not left to rot in a heap by itself.

When I add it to my compost heap I make sure that it is layered between more fibrous matter but, as a general rule, I chop it up with a spade and dig it directly into the soil. The worms love feasting on it and it doesn't take long to break down.

The other way to use seaweed is to

make it into a liquid fertiliser. Simply dump it into a large bucket (or, preferably, a 200 litre drum) filled with water, toss in a bit of comfrey and some manure, and leave it for a few weeks, diluting before use.

As a fertiliser it contains all the trace elements (including copper, magnesium and iodine) needed by plants in a form that the leaves can take in easily. It also serves as an insecticide and fungicide.

Sea grass (the brittle grey-brown leaves that wash up on the sand after a

Probably the best known is Maxicrop. Although this seems a little pricey, such small amounts are used at any one time that it should last a long while and, if the blurb on the back of the container is to be believed, it is beneficial in just about every way for just about every type of plant from seed stage onwards.

It may well be that, in the future, I too will have to resort to buying commercial seaweed fertiliser. Removing natural materials from the beach is, in fact, illegal and a recent phone call to the local

foreshore committee has pricked my conscience. The ranger, apparently, regards the practice of seaweed/grass removal as akin to people robbing native forests of their wood and flora. He is currently campaigning to be granted the power to fine those people he catches in the act.

Still, for the time being, I will simply confine my seaweed gathering forays to the early hours of the morning. After all, there are so many beaches, and so few people who take advantage of its natural 'litter'. If I am unlucky enough to incur a fine, perhaps I will suggest to the ranger

that I pay him in robust vegetables rather than in notes and coins.



strong on-shore breeze) is not particularly high in nutrients and takes ages to break down, but it does make wonderful mulch. As a weed suppressant, it works wonders and being seed-free gives it an advantage over other mulching materials, such as straw. I should wash it before heaping it on the garden, but I am often too lazy. Besides, the salt-loving asparagus seems to appreciate it.

Of course, not everyone lives as close to the beach as I do, but there are a number of seaweed fertilisers on the market.

*Get your head  
out of the sand!*



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Details on last page...

# THE WINNING BREAD RECIPES...

Last issue we promised you we would share the prize-winning bread recipes from our Aussie Doughmaker Competition. Readers will recall that Graeme and Bruce Dorian from Easy Knead, the judges for the competition, found it difficult to select only two winners from the many wonderful entries we received, but chose the following because of their sound methodology and ingredient combinations. Enjoy!

## HEALTHY LUNCH LOAF

First prize went to Heather Lloyd from Lima East for this delicious and healthy recipe.

### Ingredients:

4 cups of bread flour (2 white, 2 wholemeal)  
3 tbsp dry yeast  
1/2 cup grated carrot  
1/2 cup chopped soya beans (cooked)  
1 tbsp linseed  
1 tsp fresh dill or fennel leaves (chopped)  
1 tsp salt  
1/2 x 50 mg ascorbic acid tablet (crushed) – vitamin C assists rising  
1 tbsp canola oil  
approx 1 1/2 cups warm water with 1 tsp sugar mixed – enough to make a soft pliable but not sticky dough  
1 tsp salt

### Method:

Combine yeast and warm water in large mixing bowl. Add oil, salt and ascorbic acid. Add half of sifted flour, mix well, add remaining flour, mix until blended. Turn dough onto a floured board. Knead 5 minutes, extra flour may be added if too sticky or extra water if too firm. Roll

dough to a ball, cover with a damp cloth and leave in a warm draught-free place for approximately 40 minutes or until doubled in size.

Punch hole in dough, add other ingredients (carrot etc). Knead until well mixed. Place on rolled tin for approximately 50 minutes.

Bake in a hot oven (200°C) for 35 minutes or until cooked (when cooked, bread will sound hollow).

Serve freshly cooked with cheese and salad or open sandwiches.

## WHOLEMEAL GRAIN BREAD

Jean Gibbons from Tangambalanga won second prize for her recipe – also delicious and healthy.

### Ingredients:

5 cups bread flour  
1 cup dark rye flour  
1 cup unprocessed bran  
1-2 cups mixed grains (kibble wheat, rye, linseed & buckwheat)  
1 cup special wheatmeal  
1/2 cup gluten flour  
6 heaped tsp Saf-Instant yeast  
4 tsp Lecimax  
4 tsp oil  
3 cups warm water

### Method:

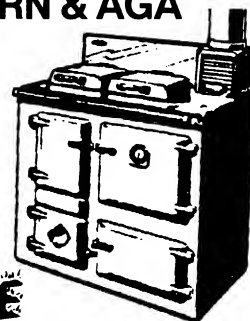
Soak grains in hot water for 10 minutes. Place dry ingredients in large bowl, mix well. Add drained grains, reserving the water. Add the drained water to warm water making it 3 cups in all, as specified in above ingredients. Add the oil to water and pour into dry flours and mix well until it resembles a scone dough. Add more warm water if necessary. Knead 10 minutes.

Divide into 3 pieces – 2 for the loaves and 1 for rolls. Or just divide into 2 for large loaves. Cover with a clean tea towel and let rise 30 minutes. Put into hot oven of almost 215°C. Bake 20 minutes then turn tins around and bake a further 15 minutes. Put tins upside down a further 5 minutes and take out. Put onto wire rack to cool, out of tins.



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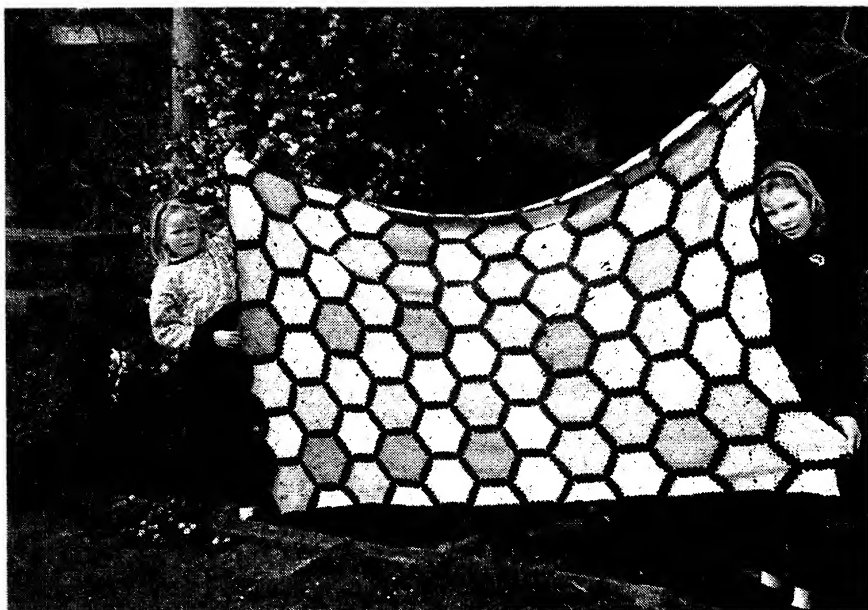
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# BLANKET OF MANY COLOURS

by Julie Doyle, Manawatu, New Zealand.



When my children were small and I would take them for walks in the small paddock attached to our place I gave scant attention to the ovines grazing there. As the children grew less demanding of my time, I began to eye the woolly creatures with a view to utilising the valuable resource they all wore.

I had been an avid knitter for many years and saw the sheep as another way to supplement the meagre income my decision to stay at home occasioned. As with any adventure, casual involvement soon gave way to engrossing occupation. It took more than a little effort and dedication to learn to spin on a borrowed wheel and eventually I gathered the funds to purchase my own spinning wheel. I was determined to use the wool from our own flock, but the first attempts were not very encouraging. Someone told me to keep my first length of spun yarn for posterity, if only to look at it years later and appreciate the skill they assured me I would have then. Doggedly, I persevered and was grateful the wheel couldn't answer me back.

After a time my spinning improved and I produced copious quantities of yarn that I knew I would have to take the risk of making into something useful. By this time I had stopped buying commercially spun wool.

The next step was to produce colour to vary the pure white which was beginning to bore me. The logical thing, I reasoned, was to use natural resources readily available to dye the wool. I had been warned that natural dyes are not colourfast, but I wanted to give it a go

anyway. Besides there must be some virtue in cursed weeds such as gorse. As it turned out the gorse flowers produced a lovely yellow.

With young, inquisitive children still at foot, I decided to avoid the risk of using the more toxic of the mordants and stuck to relatively benign alum which produced lovely muted colours, quite suitable for my purpose.

When I had several different colours, all carefully catalogued as to weight of dyestuff and mordant and time of simmering, and a sample of each mounted on a card, I was ready to embark on a project to use the wool I had produced.

That's how my blanket of many colours began.

I chose a hexagon leaf pattern that I had used before. It was a long-term project and as each motif was finished I allowed myself the luxury of admiring it before launching into the next. From time to time I laid all the completed motifs out to see how they would look. This was necessary, because it takes quite a while to manufacture enough motifs to make a decent sized blanket. The beauty of working piecemeal like this is portability. I only needed to carry the motif I was working on and enough yarn for its completion. This way I could snatch every doctor's waiting room moment and tedious visit to the park, without hassling the children to hurry up or feel I was wasting precious time. Eventually, I had enough colourful motifs to justify the purpose of my labour.

The family helped me decide where to place each motif for the best effect.

When I had sewn the pieces together I realised I would need to crochet half-motifs to plug up the enormous gaps along the side of the blanket. The ends of the blanket would have an interesting jagged effect. I considered tassels but decided against it. Enough was enough.

After the blanket was made I was asked by the local spinners group whether I had anything for the annual craft show. So I carefully calligraphed labels to attach to one of each different coloured motif so others could take note if they wanted the results of my time-consuming but rewarding effort.

By keeping the blanket in a dark cupboard, when not being used, I have managed to protect it from fading. Each time we have house guests, out comes the blanket of many colours to keep them warm and be marvelled at.

## INSTRUCTIONS

### Hexagon Leaf Pattern

Make 72.

Using chosen colour make 6 ch and join into a ring with a sl st.

1st round: 4 ch, (1 tr into a ring, 1 ch) 11 times, join with a sl st to 3rd of 4 ch leaving 1 ch free.

2nd round: 3 ch, 2 tr in the 1 ch left free, 1 tr in next tr, \* 1 tr in next tr, 2 tr in ch, 1 tr in next tr, 2 ch. Rep from \* 4 times more, join with a sl st to 3rd of 3 ch. Finish each round this way.

3rd round: 3 ch, 1 tr in base of 3 ch, 1 tr in each next 2 tr, 2 tr in next tr, 2 ch, \* 2 tr in next tr, 1 tr in each of next 2 tr, 2 tr in next tr, 2 ch. Rep from \* 4 times more. Join on following round's work into

back thread only of each st.

4th round: 3 ch, 1 tr in base of 3 ch, 1 tr in each of next 4 tr, 2 tr in next tr, 3 ch, \* 2 tr in next tr, 1 tr in each 4 tr, 2 tr in next tr, 3 ch. Rep from \* 4 times more. Join.

5th round: 3 ch, 1 tr in each of next 7 tr, 3 ch, 1 dc in centre of 3 ch arc, 3 ch, \* 1 tr in each of next 8 tr, 3 ch, 1 dc in centre of arc, 3 ch. Rep from \* 4 times more. Join.

6th round: sl st into 1st tr, 3 ch, 1 tr, in each of next 5 tr, miss last tr, (3 ch, 1 dc into centre of arc) twice, 3 ch, \* miss 1 tr, 1 tr in each of next 6 tr, miss 1 tr, (3 ch, 1 dc into centre of arc) twice, 3 ch. Rep from \* 4 times more. Join.

7th round: sl st into 1st tr, 3 ch, 1 tr in each of next 3 tr, miss last tr, (3 ch, 1 dc into next arc) 3 times, 3 ch, \* miss 1 tr, 1 tr in next 4 tr, miss 1 tr (3 ch, 1 dc into next arc) 3 times, 3 ch. Rep from \* 4 times more. Join.

8th round: sl st to space between 2nd and 3rd tr, 3 ch, 1 tr in same place, miss 2 tr, (3 ch, 1 dc into next arc) 4 times, 3 ch, \* work 2 tr in space between 2nd and 3rd tr of group, (3 ch, 1 dc into next arc) 4 times, 3 ch. Rep from \* 4 times more. Join. Fasten off.

#### Using contrasting natural black yarn:

9th round: 3 ch, 3 tr in first arc, (4 tr in next arc) 4 times, \* 3 ch, miss the 2 tr, work 4 tr in each of next 5 arcs. Rep from \* 4 times more, 3 ch. Join as before and fasten off.

#### Half Motif

Make 12. Work 4 ch and join to a circle with a sl st.

1st half-round: 4 ch (1 tr into ring, 1 ch) 4 times. 1 tr into ring. Turn work over and continue working into back thread only of each st.

2nd half-round: 3 ch 1 tr into 1 ch from last half-round. 2 ch \* 1 tr in next tr, 2 tr in ch, 1 tr in next tr, 2 ch. Rep from \* again. 2 ch, 2 tr in top of 3 ch from last half-round. Turn.

3rd half-round: 3 ch, 2 tr in base of 3 ch, 2 ch, \* 2 tr in next tr, 1 tr in each of next 2 tr, 2 tr in next tr, 2 ch. Rep from \* again. 2 tr in next tr. 1 tr in top of 3 ch from last half-round. Turn.

4th half-round: 3 ch 1 tr into next tr, 2 tr into next tr, 3 ch, \* 2 tr in next tr, 1 tr in each of next 4 tr, 2 tr in next tr, 3 ch. Rep from \* again. 2 tr in next tr, 1 tr in next tr. 1 tr in top of 3 ch from last half-round. Turn.

5th half-round: 3 ch, 1 tr in each of next 3 tr, 3 ch, 1 dc in centre of 3 ch arc,

3 ch, \* 1 tr in each of next 8 tr, 3 ch, 1 dc in centre of 3 ch arc, 3 ch. Rep from \* again. 1 tr in each of next 3 tr, 1 tr in top of 3 ch from last half-round. Turn.

6th half-round: 3 ch 1 tr in ea of next 2 tr. Miss last tr. (3 ch, 1 dc into centre of arc) twice, 3 ch \* miss 1 tr, 1 tr in each of next 6 tr. Miss last tr, (3 ch, 1 dc into centre of arc) twice, 3 ch. Rep from \* again. (3 ch, 1 dc into centre of arc) twice, 3 ch. Miss 1 tr. 1 tr in each of next 2 tr, 1 tr in top of 3 ch from last half-round.

7th half-round: 3 ch, 1 tr in next tr. Miss next tr. (3 ch, 1 dc in next arc) 3 times, 3 ch. \* miss 1 tr, 1 tr in each of next 4 tr. Miss next tr. (3 ch 1 dc into next arc). 3 ch. Rep from \* twice. Miss 1 tr, 1 tr in next tr, 1 tr in top of 3 ch from last half-round.

8th half-round: 3 ch (3 ch, 1 dc into arc) 4 times, 3 ch. \* work 2 tr in space between 2nd and 3rd tr of group, (3 ch, 1 dc into arc) 4 times, 3 ch. Rep from \* again. Miss 1 tr, 1 tr into top of 3 ch from last half-round. Fasten off.

#### Using contrasting natural black yarn:

9th half-round: beginning from last turn, 3 ch, 3 tr in arc, (4 tr in next arc) 4 times, \* 3 ch, miss the 2 tr, work 4 tr in each of next 5 arcs. Rep from \* twice. 3 ch. Now working along straight edge (incl corner), 2 tr in each 3 ch or 1 tr arc (17 times), 3 ch. Join with sl st to top of 3 ch.

#### To make up

Arrange motifs in 12 rows of 6 across with half-motifs in gaps along sides. Using contrasting natural black yarn and a darning needle sew motifs together using simple back stitch and picking up only the back thread of each stitch.

#### Border

When all motifs and half-motifs have been joined together use contrasting colour and begin at any hexagon corner.

3 ch, 2 tr in same arc, 1 tr in ea tr to

next corner. 3 tr in arc.

At each motif-half-motif join, work 2 tr into arc 1 tr into join and 2 tr into next arc.

At each motif join on the jagged ends of the blanket, work 3 incomplete trs into arc, join and next arc by leaving last loop of each tr on hook then draw yarn through all 4 loops on hook to ease the shape into place.

When all the border is completed join with sl st to top of 3 ch. Fasten off.

#### COLOURS

The natural dyes and colours they produced that were used to make the blanket were:

dandelion flowers - alum mordant - pale beige

gorse flowers - alum mordant - rich lemon yellow

dried lavender flowers - alum mordant - pale olive green

onion skins - alum mordant - orange

onion skins - no mordant - orange yellow

rhubarb leaves - alum mordant - slightly darker beige than dandelion flowers


silver dollar gum bark - no mordant - pale brown

walnut shells - alum mordant - pale brown

#### DYEING HINTS

Wash and rinse yarn well before dyeing. Tie skeins in four places - loosely to allow dye to penetrate. Re-use dye bath for several batches - colour will lighten each time.

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# POURED EARTH HOUSE

by David Miller, Yea, Vic.

Kim and Craig Green had always been attracted to earth houses. They loved the well-lit, open designs and the warm, earthy feel of the mud walls, but could not decide on a building technique. They worried about the fine dust they had seen in many mud brick houses, and didn't like the wavy look of rammed earth, nor were they impressed by the prospect of having to change the wall exterior by applying a render. So they continued their search until they heard about the poured earth building method.

Poured earth combines the techniques of mud brick and rammed earth. The mud is made from a sloppy mix of water, coarse gravel, clay and cement, then poured into forms where it sets over a number of hours. The forms are then removed and set up for construction of the next level.

Not having the time to construct the home themselves, the Greens approached Steve Taylor and Jeff Love of Earth Construction Services to discuss the project. Steve showed them a number of poured earth homes which they found quite im-

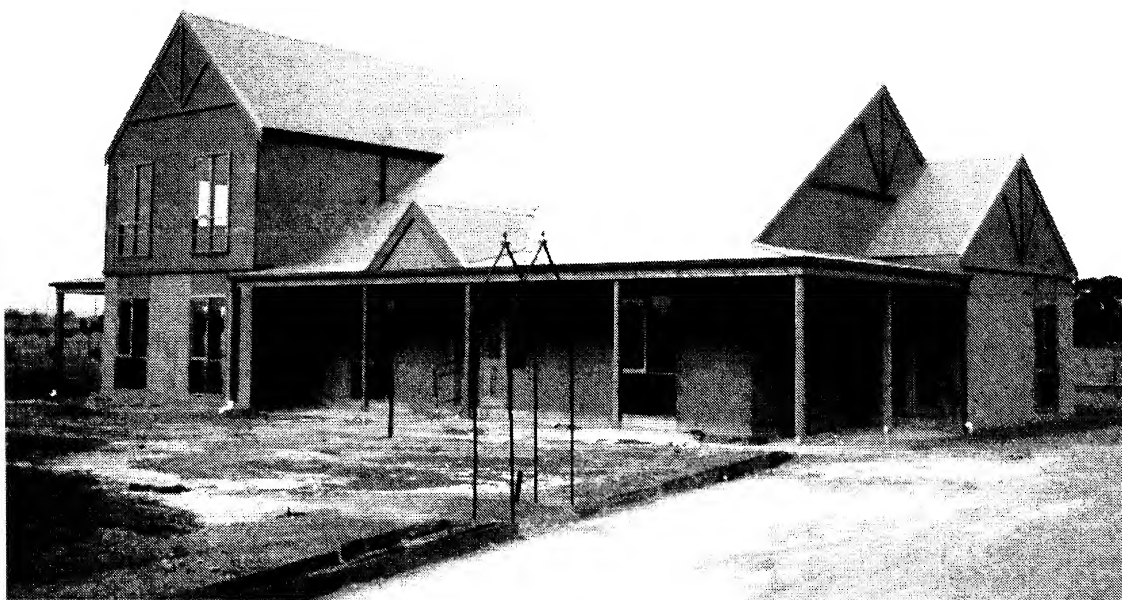
pressive – at last they had found a style which suited their concept.

Kim and Craig had already worked out a design for their two-storey home, which was then professionally draughted and approved by council. Next came the sensitive task of obtaining finance for the project. They approached a local bank and found the manager unsympathetic. He informed them that the building technique was 'unproven' and sounded something like a construction method the three little pigs would have used! This startled the Greens, who had received advice from others that their new building style was way too different and very risky.

They pressed ahead, however, enthusiastic about the other poured earth houses they had seen, and supported by the builders who guaranteed the home for 99 years. Of great importance, too, was the fact that council inspectors had approved their plans and the building method. Perhaps there was hope after all. They decided to approach an Aussie organisation which offers home finance

in-competition with the banks and were surprised when they were given an enthusiastic reception. The representative assured them that the building method presented no problems, and supported them to stick to their different ideas. He said he had seen many couples get talked out of creative and innovative home designs at the last minute and end up with a more standard building of less value.

After the loan approval, building proceeded without fuss, and the experience of seeing the home coming together so well has been wonderful. The thick exterior walls of clay and fine washed pebbles give the home an air of permanence, reminiscent of a manor house of granite. Kim and Craig are especially impressed with the insulating qualities of the home. They say they would never have installed under-floor heating if they had known how well the home held its temperature. It is easily heated by a wood heater with a flu going through the upper floor – perfect for northern Victoria where it can be hot in summer and frosty in winter. And the light access into the living areas is ex-



The newly finished poured earth house. A sloppy mix of water, coarse gravel, clay and cement was poured into forms to make the walls.



actly what they wanted.

Inside the house, Kim and Craig have decided to leave the poured earth walls in their natural state – without paint or render. The ochre colour and pebbly textured surface is highlighted by the contrasting white of the ceiling and seems to remind the visitor of the walls of a cave. The house also has excellent sound insulation, so the home seems quieter, and, unconsciously at first, you become aware of the difference in temperature between inside and outside. You feel you are entering a quieter, more congenial atmosphere, without the extremes of temperature created by the artificial heating or cooling of air-conditioning.

While the poured earth building technique produces a lovely primitive feeling of rock solid security and natural temperature control, the Green's house design is very solar efficient. The kitchen faces east to let in the morning sun, which floods over the working area at the most important time of the day. The large windows also facilitate the casual inspection of the horses and other livestock on the small property.

The kitchen leads into a long lounge/dining room which faces north, letting in light throughout the day and producing



With the Green's new home completed, Kim focuses on finishing touches for the interior.

an airy open feel to the living section. Heating is via a two sided wood heater which allows you to see the flames from anywhere in the room. The heater is located under the two storey section, so the flu can be used to dry clothes as well as keep the rooms warm upstairs.

To save on the construction costs of the upper floor, Kim and Craig decided not to extend the earth walls above the first storey. When forming the walls, the builders used a bobcat to mix the material and lift it into the formwork. Because the bobcat does not have a high reach, extending the walls up another storey would have involved extra machinery and time. To avoid this, the second storey has been built in traditional timber construction with plaster on the inside and cement sheet on the outside.

The sheet has then been rendered to match the earth walls below, which it does very well.

Now that the home is finished, even the doubters have changed their minds and the local folk are getting used to the 'different' house at the end of the road. The valuer had the last word, however. When visiting to approve the final loan payment, he assured Kim and Craig that their new home was worth \$100,000 more than the building cost, and the floor coverings were not even laid.

There will be more about poured earth in the next issue of *Grass Roots*. If you have any queries on the building method please phone the builders at Earth Construction Services: Steve Taylor, 014 925 720, or Jeff Love, 0411 563 461.

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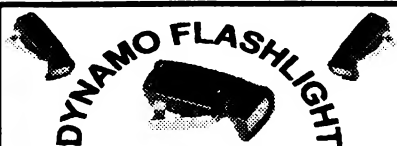
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# THE SUBURBAN PLOT

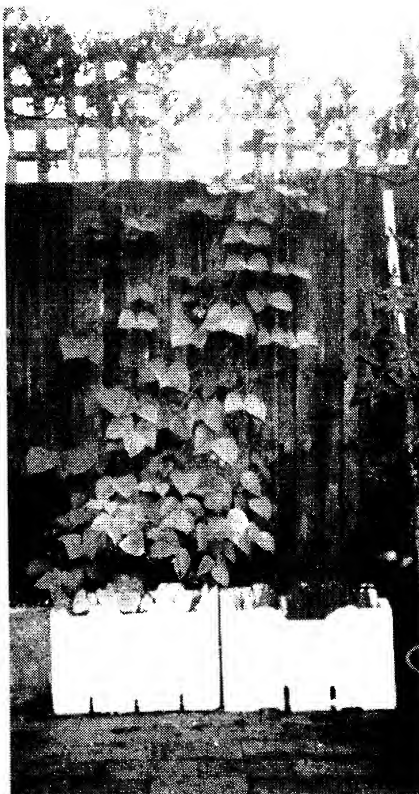
by T Seed, Wanneroo, WA.

Well, here we are back in suburbia. There was a time when I wouldn't have believed we'd ever return to suburbia, but have found a few advantages do exist. With our first child approaching college age and ourselves needing employment opportunities, we returned home to Perth, WA, from the Tassie wilderness. We had to rent for a while, finding it difficult to adjust to the dryness of a coastal suburb with very few trees. Our three children hated it at first, being used to long country roads surrounded by tall green trees and beautiful views.

My husband found a job and the time finally came when we could begin to apply for a housing loan. We had already decided we needed to find a suburb with a 'country atmosphere' for our family's wellbeing. My mind instantly centered on Wanneroo. We drove around the suburb of Wanneroo and even then knew this was where we should be. A few weeks of searching passed before we discovered our 'dream' home. As soon as we walked in, we all (children included) knew this was the one.

The situation opposite a country club surrounded by agricultural showgrounds provided the green open space we needed in front of us. A few streets behind us is Joondalup lake, with parkland surrounds – you can ride, walk or jog all the way along Scenic Drive absorbing the country atmosphere and scenic views. To our right is a street with a lovely little lake on it where many ducks have made their home, you often see mother duck with her babies walking across the road holding up the traffic, it's quite a comical sight! Here, of course, people go to feed the ducks; old and young alike enjoy this pastime. The whole area is an attraction for many birds which sing us a chorus each morning.

Our home has beautiful established gardens of ferns and plants exuding a tranquil atmosphere. The only thing it did not have however, was a vegie patch and herb garden. It wasn't long before I



felt I just had to get these established too. Choosing a plot near my back door, I set to work.

My husband removed some old plants that were too big and dug over the soil for me. A couple of weeks later I bought some seedlings (tomatoes, capsicums, corn, cucumbers, lettuce, basil, chives) and seeds and began to plant them. My husband had wanted to dig in some manure before I planted anything – but I was too impatient and proceeded to plant. I did however, cover the area with a layer of mixed peat, manure and worm castings (along with some worms).

Since our small beginning I have extended the area to include a herb garden so am feeling more 'at home' now. I have continued to fertilise with more of the mix I previously made, with the addition of blood and bone, and have used as much companion planting as I could remember. (Surrounding the plot with

marigolds, planting chives with carrots, basil with tomatoes etc.) I've watered the plot practically every single morning and evening since its conception and am eagerly awaiting harvest and flowering time.

The corn is forming cobs, little green capsicums are happily growing alongside our tomatoes which are beginning to turn red. Our carrots and chives seem to be thriving next to each other and some lettuce and parsley are already being harvested.

There is nothing to compare with picking your own fresh vegetables and herbs. Herbs add flavour to many dishes and can be made into some lovely herbal teas, you can even experiment at making your own cosmetics as I am currently attempting. So far, I have produced a facial toning water and a hair rinse. Shortly, I hope to purchase a base cream from our local chemist and make my own face creams too.

So here we are back in suburbia, yet still living the country life. The children and we adults love living here and agree wholeheartedly with the Shire's slogan that 'living is great in Wanneroo'.

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# LONGTIME FRIENDSHIPS

by Skye Crowe, Margate, Qld.

I first met Megg Miller when I was a pupil at Shepparton High school in Victoria. The year was 1973 and I thought I knew it all, that is until I met Mrs Miller. I thought Mrs Miller was pretty cool. She was the first real 'hippy' I had met and I felt we had some kind of connection straight away. I had always been intrigued by the alternative lifestyle, without really understanding just what it was. As I got older and after I had left school, I kept running into Mrs Miller and every time I would get a little more interested in the alternative lifestyle.

About 20 years ago I started to get *Grass Roots* regularly and my life and ideas changed. I learnt about life and how other people lived. I learnt how to bake bread, how to use herbs for your health and animals not just for cooking. I've learnt how to make soap, candles, breakfast cereals, slippers, jumpers, chook runs and dog food. I have found new and interesting friends all over Australia. I have also received many letters of advice on some of my ailments over the years. Some I have used, but some are a wee bit too interesting to actually use, but I thank one and all who have

sent them.

It's amazing that every time I get GR, there lies an answer to a question I have just been asked. I can always refer to GR, even the back issues. If you can't find it in the current issue you just grab an old GR and you will always find your answer to a problem. No matter how old your GRs are the remedies and advice are still relevant to today's problems. I really don't know what I would do without my GR magazine just waiting to be picked up again and again, in case you might have missed something the first and second time.

Megg is now fifty and I will be forty this year; Megg and GR have been in my life for over 20 years and for that I am forever grateful. Where else would I have learnt such things as what to do when the cows get out, or how to rear pigs and chickens on a budget? Where else would you get a laugh in every issue. Where else would I get ideas from 'I Wish Somebody Had Told Me'? I always have a chuckle at these stories, as they sometimes relate to my life. I wish somebody had told me not to work on a chook farm, as it could be a danger to



your health!

I always had a phobia about chooks, but I thought if I worked on a chook farm I would conquer this fear, but after I worked the farm for one day, I now have a greater fear of the dreaded chook! But that's another story.

*Grass Roots* is part of my life now and I must admit that I do look for the next issue every month; hoping that for some reason the magazine will be printed a month earlier. It never is, but every month you will find me in the newsagency waiting for the next issue. Good on you Megg and team, keep our dreams alive and help us live a happier and healthier life and let us know that there are other people in this big wide world who feel the same. See you all in another 20-25 years for another update in 'the alternative lifestyle of Skye', the young lady Megg taught in high school in '73.

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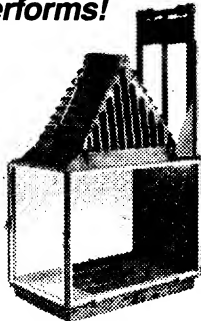
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# HOMEMADE APPLE CIDER VINEGAR

by Denice Moorhouse, Warragul, Vic.

It is always better to start from the beginning and even though there are some excellent methods available for those wanting to make cider I'll start with how I make cider from my own apple trees.

I grow a variety of apples organically, and they seem to ripen progressively. The biggest problem is keeping the birds off the trees and the later ripening varieties are the hardest to protect. The birds know where you are and other sources of food have gone. Currawongs are our biggest problem.

Fortunately, apples keep well in a refrigerator so the mix necessary to make a very good cider is not a problem. I put as many apples as will fit into a large freezer bag, tie the top, and they will keep for months. The size of the apples determines how many to a bag. Nine kilograms of apples makes 4.5 litres of cider. It is a convenient quantity to make at a time and the resultant cider can be mixed before the vinegar process begins.

The apples must be crushed to produce a liquid. This can give problems. Depending on how many you intend processing choose your implement well or you will have immense quantities of waste. For a small amount, the grater on top of a Breville Cyclonic Gee Whiz is best. A vitamiser is probably perfect, but mine wore out before I began making cider; even so the motor would be getting very hot after an hour or so of liquifying apples.

Having suffered enormous frustrations, I now put them through a mulcher. Admittedly, the blades have to be washed and oiled before mulching the apples (I use a vegetable cooking oil), and then washed and oiled again, but the time saved is wickedly satisfying. It is a Rover 3.2 horsepower electric motor Maxi Muncher. As fast as I drop an apple in it spits it out ready to use. I slip a stock feed bucket under the chute (holds approximately 15 litres) and pour the contents into a cider press.

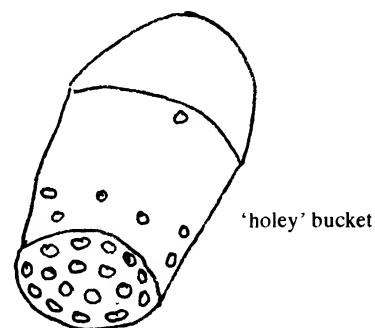
If you only want to make a small quantity, or you do not have a cider



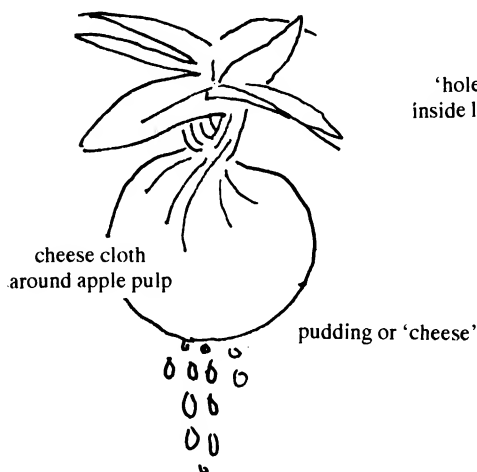
A multigraft apple tree: Johnathon stock with Granny Smith, Cox's Orange Pippin, Fuji, Abbas, Pratt's Seedling and Red Delicious.

press, make yourself a 'holey bucket'. A cheap plastic bucket with holes drilled into it like a colander. Holes in the bottom are very important, but do not forget a few up the sides. Use a bit about the size of your little finger.

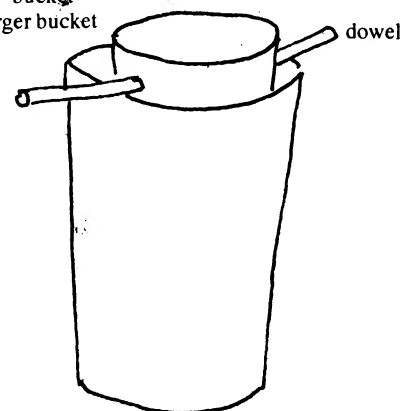
You will also need some cheesecloth. It can be washed, sterilised and used again and again. Tear it into metre



'holey' bucket



'holey' bucket  
inside larger bucket



squares. Line a colander with the cheese-cloth square. Put the colander and cheesecloth over the holey bucket. Place the holey bucket in a larger bucket, stand it on an inverted stainless steel or plastic colander.

Ladle the apple pulp into the colander with the cheesecloth square. Make a 'pudding', taking care that the cloth is holding the pulp and not likely to let it spurt out under pressure. Remember that you are going to exert considerable pressure and you do not want pulp going everywhere, you only want juices flowing through the drilled holes. Fold the cloth over the top of the pudding. Put the pudding into the bottom of the holey bucket.

Repeat the process with the puddings (or cheeses as I have heard this method described).

The juice will flow fairly fast in the beginning, but slows down long before all the juices have flowed through. You will need to press firmly on the four or five cheeses or puddings that you have placed in the holey bucket. You may need to lift them out, twist them more tightly, rewrap them and replace them in the opposite order. First in, is now last in.

Pour your juice into a fermenter and fit either a fermentation lock or a plastic bag with a rubber band firmly around the neck.

Wild yeasts abound and you must prevent the wild yeasts from entering your container. No air is to be allowed access to your ferment. Quite the opposite to the making of vinegar when the cider must have access to air.

A fermentation lock is the better way to go but they are expensive. Provided you inspect the plastic bag daily and release the build-up it is quite satisfactory.

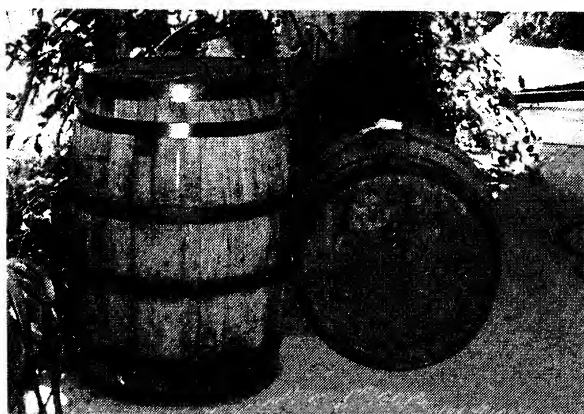
All utensils must be spotlessly clean and sterilised. Do not use metal other



Gallon (4.5 lt) jars of cider with plastic bags to keep out air.

My vinegar is aged in oak.

The barrel on its side is full of water to swell the timber prior to being filled with vinegar to be aged.



than stainless steel. Plastic (food grade) is fine. I only ever ferment in glass and age in oak.

I do not add anything to the apple juice, no sugar, no wine yeasts, nothing. I certainly do not ever add cambden tablets or meta-bisulphate, having an extreme allergy to them.

If the weather is cold and it looks as if ferment may be too slow to get under way and kill off unwanted yeasts I will add a bottle of last year's cider (once again ferment had not been stopped by artificial means). If the weather is warm there is no need. Remember cider is made in very cold countries.

I find it takes nearly a year to ferment out.

## MAKING THE VINEGAR

Your cider is at least ten percent alcohol, it has to be or you will not make a satisfactory vinegar of six percent acidity.

Obtain a bottle of organic apple cider vinegar which states that it has not been pasteurised or filtered. Make sure the label states that it contains no sulphites. Sulphites could stop the acetification of the cider into cider vinegar. You will be able to buy it at a health food shop. Once you start making your own you will have enough 'mother' to last forever.

When I was first determined to make my own apple cider vinegar I waited and waited and waited for cider to turn into vinegar. It did in the end after about 18 months. I hadn't realised that the air must have access. I'd kept the lids on. Then I made 'Arafat hats'. . . tiny squares of checked tea towel material. I take the lids off and cover the neck of the bottles with these squares, tightened around the stem of the neck with a rubber band. This keeps the dust out but allows air and acetobacter to enter.

I give the vinegar a good start by purposely introducing a vinegar 'mother'.

The first time you make apple cider vinegar (which I refer to as ACV to distinguish it from the dozens of other vinegars I make) use an organic apple cider vinegar bought from a reputable source. I use one of my own bottles of ACV and there are two or three methods I use.

1) Put an old, clean, freshly laundered pillowslip into your holey bucket (of course you could make a special bag for it, washing and boiling in clean water between uses). Fill this  $\frac{3}{4}$  full with previously boiled and dried rice hulls, or sterilised cotton wool. Suspend the holey bucket within a larger bucket (I obtain 20 litre food-quality plastic buckets from a local source). Caterers have 20 litre pasteurised egg white buckets which are wonderful and last forever. If you are made of money you can buy oak barrels and use them, I do for storage, so that I can say 'aged in oak'. If you are only going to make a small amount then you can age it in glass.

In order to suspend the holey bucket, two more holes have to be drilled at the top. A piece of dowel is inserted and the dowelling sits on top of the rim of the other, bigger, bucket. It might seem a bit precarious but it will be okay. If you are still worried then drill two more holes and insert another piece of dowel.

Pour the 'mother' (unpasteurised, not sterilised or filtered and no added sulphites) vinegar into the pillowcase. . . slowly. . . to allow the filling to take up as much of the moisture as possible.

Pour the apple cider into the vinegar bag already saturated with the 'mother'. The cider which has been protected from the air is now, in addition to the vinegar mother, open to the air.

Add cider until the liquid reaches into the bottom of the holey bucket.

Cover the buckets with a light and airy piece of cloth and make sure the outfit is in a position where it does not

have to be moved, jarred or shaken.

Taste after six months, if nice and acetic bottle and either cork or put a lid on to exclude any more air.

I use a pH indicator kit (as used in hydroponics, not expensive, fun to use).

2) Smaller quantities can be made by filling an old, clean, boiled and sterilised pantyhose leg with cotton wool, rice hulls (as above) clean, boiled, dried hardwood sawdust, oak shavings. Once filled, the pantyhose leg can be suspended easily into a nine-litre bucket. Only fill it to about six litres with cider and tie the leg to the handle. Again, cover with a cheesecloth or muslin-type fabric, to allow the air to have free entry but keep out the dust, flies and possums. Leave it in a position where it will not be disturbed.

3) When making very special salad vinegars I make a 'raft' of dried basil heads, rosemary twigs, thyme branches and oregano. They are twined into a small wreath, soaked in the 'mother' and then floated on top of a wide-mouthed gallon (4.5 litre) jar three-quarter filled with cider. Jars are covered with muslin or Arafat hats and left in a warm, dark cupboard for about three months. Once again do not disturb.

You will probably find a thick, gelatinous disc on the top of your vessel. This is okay. If moved it will sink to the bottom. The acetification takes place at the top of the liquid. If the disc sinks it is no longer helping to make vinegar. It has to start all over again.

Care must be taken to distinguish between the gelatinous disc and a white mould which occasionally forms. Despite care with sterilisation, every now and again white mould will attack the cider. Once it begins to become vinegar the mould has no chance of becoming established. It happens when the ferment of the cider is dying down, becoming quiet, almost finished and before you begin making vinegar.

Sometimes the finished vinegar is not 'starbright' and beautifully clear. This does not matter for chutneys or plum sauces etc, but it is not attractive if you intend using it for salads. Probably caused by a pectin haze, the fruit was not ripe enough.

I prefer to make the cider in 4.5 litre lots. If something goes wrong it is only a small amount that is a failure.

This is the old-fashioned way of making apple cider vinegar of which I am a proud practitioner.

## HERB CONFERENCE

Australian Harvest Herbs (AHH) is a grower group formed in Euroa, with membership covering a wide area in north-east Victoria. AHH will be hosting a two-day conference – 'Herb Conference 1998 – News and Ideas for Today's Herb Grower'. Some excellent speakers will be covering topics such as: quality management; global effects of El Nino; codex; post-harvest handling; sustainable agriculture and networking. The Conference aim is to consolidate the informal network of growers as a step towards ensuring that the herb industry can better satisfy the requirements of competing in the world market.

The conference will be held 4-5 July 1998 at Dookie College, near Shepparton, Victoria. For further information contact: Neil Aird, The Centre, Wangaratta. Ph: 03-5721-6166. Fax: 03-5721-9994. Homepage: <http://web-site.ancc.com.au/djwatson>, Email: reuben@cw.net.au, or write to Herb Conference 1998, RMB 2482, Euroa, Vic 3666.



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## SALICYLATE FOR HANGOVERS

A pharmacist among our readers has queried the use of the word 'salicylic' in the short piece by Gaelle Murray about hangovers in GR 126, p66. He points out that this could be confused with salicylic acid – a chemical used in wart paints and ointments, causing the top layer of skin to slough off; not a desirable substance to ingest. We think the correct term the author intended is 'salicylate' – any salt or ester of salicylic acid. The salicylates are used for their analgesic, antipyretic and anti-inflammatory effects. They include aspirin, and, as Gaelle wrote, willow bark. The latter is available in tablet form and has a long history of use as a mild analgesic, perhaps being safer for young people and those who are sensitive to aspirin. Consult a practitioner if in any doubt about suitable analgesics for yourself and your family.



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# POOR MAN'S BEAN

by Michel and Jude Fanton, Byron Bay, NSW.

Poor man's bean belongs to the Leguminosae family. Its botanical name is *Dolichos lablab* var *niger*. *Dolichos* is Greek for 'long'; *lablab* is the Egyptian name adopted by Linnaeus the naturalist, and *niger* stems from the Latin for 'black', referring to the seed colour.

It was domesticated in what is now called Iraq, on what were enormously fertile plains and swamps, by the forebears of Saddam Hussein. The bean is found nowadays in many tropical, subtropical and even temperate parts of the world, and indeed in Australia.

The amazing bean is also called bonavista, hyacinth bean (because of the look of its flowers), garden lablab, and seven year bean, and is related to the green manure and fodder crop of lablab. However, this garden variety gives a wider bean and has no tough parchment inside the pod. The dry seed comes in black, dark and reddish brown with a long white hilum, or strip, on the side.

## CULTIVATION

Hyacinth bean needs a very strong trellis or fence to grow on. In the first year it will produce mostly leaves, but from the second year, it will flower heavily and bear pods for several months. The vine will last for about five years in warm climates. Its leaves die back in the cool of winter. It can grow in cooler areas, but has a shorter life span. It grows even in Mudgee, NSW, where it is treated as an annual because of the frost. Seed Savers subscribers grow it in Perth, Adelaide, and many parts of Queensland.

In Brisbane, it has been seen growing wild, sharing a fence with bitter gourds and the Madagascar (lima) bean, also a perennial. This legume tolerates drought and very poor soils. It is, we believe, uncommon in New Zealand, but it would be worthwhile for Grass Roots people to find local sources and multiply them.

## SAVING THE SEED

The large vine gives clusters of perfect (both male and female parts in one), in-

sect-pollinated flowers looking like a hyacinth. Each flower produces a pod containing four to six beans. The plant does not seem to lose production when pods are left to go to seed, as happens with some green beans. In wet weather it is worth harvesting the dried beans as soon as the pods have shrivelled and look light brown. Left on the bush for too long in rainy weather, the bean seeds will turn mouldy. If they are picked at the right time, the beans will not need any further drying and can be stored in a clean moistureless jar on a dry day.

In arid regions, beans are stored in cotton bags and are expected to last for a number of years if they are not eaten by weevils. To kill weevils, the beans should be frozen in a jar for forty-eight hours after they are completely dried.

## Storage

The seeds last for three to five years and are a little larger than most French beans.

## Bonavista Bean Biodiversity

There have been more than thirty types of poor man's bean sent to Seed Savers, mostly from Queensland, and nearly all have black seeds. Some from Victoria have brown seeds, and two tropical types have dark brown seeds speckled with red. In Malaysia, there is a variety called *Kachang Kara Puteh* which has pale yellow pods, white flowers and white seeds. The colours of the flowers vary from white through pink to purple, and the pods vary in colour too.

If you have some interesting variety please send it to the seed bank and tell us its history if you know it.

## USAGE

Pick the immature pods when the seeds are just visible through them. If the 'snow pea' stage is past, it is still possible to eat the green bean, but not the pod which will have grown hard and stringy.

In Bali and Java, the green beans are eaten raw with rock salt. The young shoots and flowers are eaten raw or steamed. In Indonesia, the dried seeds



are pounded, cooked and eaten as a delicacy, or eaten cooked together with rice. In Mozambique, they are eaten with pounded peanuts.

Stir-frying at the 'snow pea' stage is the quickest way of eating them. Only a few minute's cooking is needed, as they tend to go floury when even slightly overdone.

Worth experimenting with, these are so precious that they should be passed on immediately to other gardeners.

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# THE DREAM IS POSSIBLE

by Jose Robinson, Wild Cattle Island, Qld.

**It's taken me over a week of browsing through old photo albums, checking on dates, and having a great old time of nostalgia, to put this article together. I admit to even shedding a few tears at some of the memories. It's been quite an emotional experience, with some events triggering memories of a more personal or family nature. Some of the events I could hardly believe had happened so long ago. This current year, being our twentieth as 'beach bums' is one of personal significance for us too. I've jumped around a bit with the chronological order as some of our experiences have been ongoing or overlapping.**



We began reading *Grass Roots* in 1974, but I have the complete collection from issue 1 in 1973. Most have become quite dog-eared from constant research.

It was a much younger Jose and Don when we first set out on our journey in 1978 to try and carve out a sustainable and self-sufficient lifestyle 20 years ago on a tiny coastal island where we are the sole permanent residents. Our five offspring had already gone their own way.

Looking back, we ourselves seemed just kids. We were full of zing and zest for our concept of a different lifestyle than that we'd been living for some considerable number of years. The whole thing has been a learning curve for both of us.

Rather than write an article on our experiences of the past 20 years, I thought instead I'd simply list some of our major projects and fulfilments over that period without any added padding or descriptions. I've already written many previ-

ous articles on these. Where possible I've included which year it was. It may inspire some readers who are just starting out on the big adventure.

I've written and had published in *Grass Roots* 70 articles from 1982 to 1998. I wonder if this is a record? My articles have mainly been on self-sufficiency, 'how to' reports, or craft features.

We became regular subscribers and readers of GR around issue 10 in 1977. Prior to that I'd always kept a few odd copies on display in my art gallery which I operated for three years.

Here are some of our major exploits which we've accomplished either together or separately, depending on what they were and our individual capabilities. Recycled timber and iron is used for many of our projects.

In our first year, 1979, we constructed a homemade solar hot water

system for the house. This arrangement has operated with no hiccups ever since.

The next year, 1980, we installed a 40 year old Southern Cross windmill. It arrived by water on a barge. Once we installed it, we could pump up the underground water soak (which then existed) of wonderfully pure rainwater. Unfortunately, in more recent drought years, the water has become brackish and unsuitable for any use other than keeping our swimming pool topped up.

We've planted thousands of trees on the Island both on our own property and in the surrounding areas, also on the foreshores as erosion protection. Almost from day one we established bee hives. These continue to supply us with ample honey as well as plenty for friends and some left over for barter.

In 1984 we began with one solitary solar panel and one battery. Now we have 18 solar panels and a huge bank of

deep-cycle batteries, plus an inverter and a 200 watt wind generator. This supplies us with all the energy we require to operate a normal household.

In 1987 we installed a 38 year old Wellstood slow combustion stove. Last year it was superseded by a slightly newer model of an Everhot De Luxe.

In 1991 and later in 1994 we purchased a 27,000 litre (6000 gal) and a 22,000 litre (5000 gal) fibreglass water tank for larger storage of our precious rainwater (this area of central Queensland is a very dry belt). It was no mean feat carting those huge tanks on the back of our then Land Rover and later Toyota utility along a ten-kilometre stretch of windy ocean beach. The windage was horrific on the vehicles, to say nothing of installing those monsters on our own.

We taught ourselves to make soap from a GR article some fifteen years ago and we've not bought one cake of commercial soap since.

In the early years we began making wine from whatever was available. With our friends, we enjoyed many exotic wine tastings from those efforts. We don't bother with that now, as other demands use up our time.

Having put aside a painting career when we moved to the Island, I now spend a considerable amount of time working at basketry from natural materials which occur on the Island. As well, I enjoy painting on large gourds. This type of art work has brought together my love of craftwork and painting.

In 1982 we built a 12 metre Roberts Off-Shore yacht from the hull up. We sailed her on and off for about six years along the Queensland coast. We ventured as far north as Thursday Island and have many happy memories of that time. The longest period we spent on board was seven months. Later we sold her.

In 1989 we built a 12 metre house boat using commercially manufactured hulls. We had loads of fun on her in the nearby inland waterways. We parted with her after only two years. I suspect it wasn't quite adventurous enough for Don.

Next came the light aircraft period. We are still in this cycle presently. This one was a sole project by Don. I had nothing whatsoever to do with this one. He completed building the ultralight aircraft in 1994 and currently is still having a ball with it. It is only a single seater (by choice). I'm not an enthusiastic flyer. Don had an unrestricted pilot's licence

from his Cessna flying days when we lived in the city. He only needed to do the requirements to make his licence current.

In 1990 we installed a small above-ground swimming pool decked in on the patio. When that rusted out from the sea water, we turned the area into a temporary sunken fernery.

In 1991 we built a grass tennis court just up from the sand dunes. We fenced it with second-hand wire. For the net, we used a length of trawler fishing net which had been washed up on the beach.

In 1992 we installed a large in-ground swimming pool with the help of our trusty old Fergy tractor.

In 1995 we designed and erected a Thermoskin water heater for the pool. This works from the sun without any help from a motor. The experts have told us ours is possibly the first in Australia for a swimming pool operating without the use of a motor.

At various times we've built three solar food driers (designs from other GR writers). These driers come into their own through winter which is our main harvest time.

We constructed a 12 volt blender which was wonderfully handy on our yacht. Pina coladas and banana smoothies in the tropics! However, in the house we use a commercial 240 volt job.

In 1997 we both did a live-in Permaculture Certificate course at Crystal Waters, Maleny Queensland. Also I became involved in biodynamics.

Despite severe drought years, we received first prize for the organic section of the annual Gladstone Gardening Competition. This was competing with most gardeners who had lots of town water available. We won that section in 1995, 1996 and 1997. The Island is completely sand, so gardening for us means 'making' our own growing medium entirely with compost and seaweed.

In 1986 and 1987, in order to professionalise my writing skills, I completed courses with the Distance Education College in Journalism level 1 and Journalism level 2 as well as Short Story Writing and Scriptwriting, receiving A's in all subjects.

I occasionally write for other magazines, but GR is my first favourite. In 1996 we were proud to receive the *Grass Roots* Lifestyle Award.

In 1995 we joined the local LETS system (Local Energy & Trading System).

Our holiday travels over the past 20 years have taken us to Indonesia, USA, Tasmania, New Guinea and many other parts of Australia. On some of those we lived it up, on some we camped on a shoestring, and on some we cruised on liners.

After many years of trial and error, we've finally become self-sufficient from our vegetable and fruit garden, though mainly in winter. Summertime here is simply too hot. We have a 50/50 diet of meat/seafood. We catch fish, prawns and crabs ourselves so this helps considerably with the budget.

Because of the ongoing drought situation in central Queensland, in 1997 we built a small lined dam to supply extra water for the gardens. We installed one extra solar panel at the dam, a 12 volt pump through a maximizer and approximately 50 metres of polypipe to carry the water up an incline to the gardens.

We've extended the house several times over the 20 years.

In 1993 we built a thatched roofed three-metre square sun shelter, entirely from Island materials. I also use the Island grasses for my basket weaving.

In 1994 we installed our own design for light grey water disposal. We set up an underground 200 litre plastic drum as a holding tank which houses a small submersible 12 volt marine pump and a long length of hose. We pump this light grey water (from the bathroom only) on to the orchard. We have a nylon filter on the outlet. The dark grey water from the kitchen flows through a sand filter and is gravity fed onto the banana boomerang.

In hindsight, I wouldn't change anything over these fascinating and wonderful 20 years. Looking back over the aforesaid projects and achievements, it would seem rather daunting to begin over again at our present age, but it wouldn't be impossible. We've attained an excellent lifestyle of self-sufficiency and we've made many friends and had much help from the pages of GR.

I often get wonderful feedback from some of my articles. Some want more information, some want advice, some simply want to compare notes of their own efforts. Some just want to say hello to kindred spirits. It's all been very worthwhile and a happy link-up with like-minded folk.

Congratulations on achieving the 25th birthday of *Grass Roots*. We hope there will be many issues to come.



# ALONE I DUNNIT

## How To Raise A Small Windmill Tower Single-Handed

by Tony Shepherd, Braidwood, NSW.

The problem was this: The small tower was lying horizontal and needed to be vertical. Circumstances had arranged that Madam was over the ranges attending to sick grandchildren, so the old codger had to go it alone. I had impeccable reference material; a vague memory of an article on the topic in an early *Grass Roots*, a small book on the rigging of old sailing ships, and the Royal Engineers (British Army) Field Training Manual, 1948.

### MATERIALS & EQUIPMENT

Gathering up what was lying around on the block, I had:

- 1 old van with towbar,
- 1 boat winch,
- 1 fence puller,
- several pieces of old water pipe,
- empty drums, and short lengths of 4x2,
- the jack from the van,
- a bag of ancient scaffolding clamps,
- lengths of chain, wire rope etc,
- an empty 20-litre drum,
- a heap of stones,
- a hard hat.

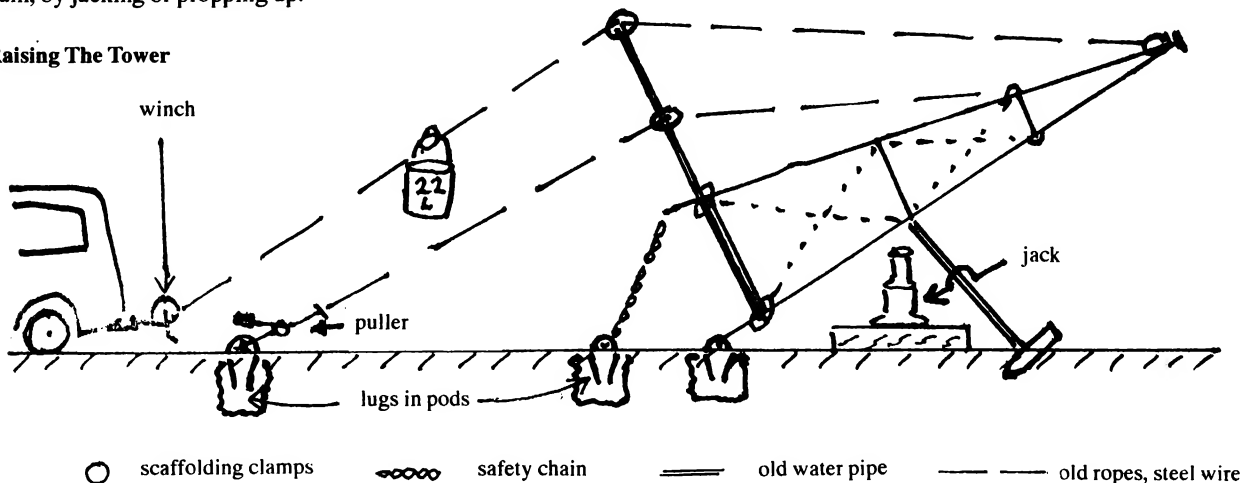
### METHOD

The method was belt-and-braces and can be deduced from the sketch.

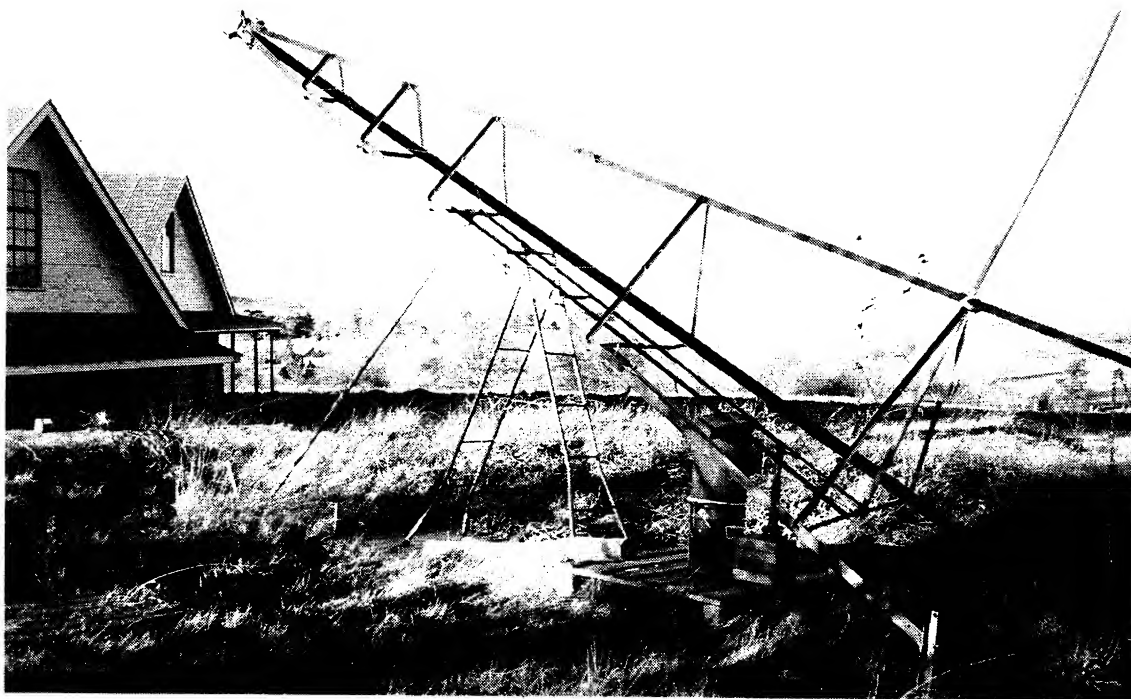
#### Ground Rules

- Never get directly under the tower.
- Always secure every degree of arc you gain, by jacking or propping up.

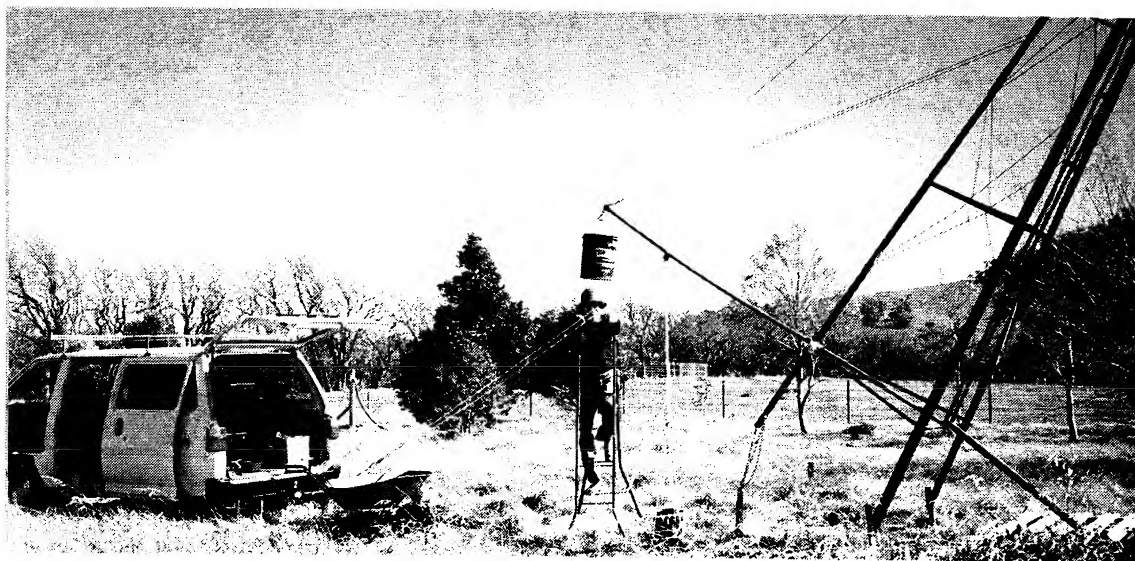
#### Raising The Tower



The tower vertical!  
Note gesture of vulgar triumph by operative.



**Above:** Early stage. This is when the greatest strain comes on the tackle. The jack is essential.  
**Below:** Past 45 degrees. Great finesse now needed with stones in the drum.



- Don't put too much weight into the drum at a time. As the tower gets past 45 degrees, add smaller pieces. If you add too large a piece right at the end, things can come with a rush. I added too large a piece, things came with a rush, so I clutched my hat and went for bush, but it worked (see photos).

#### **On The Job**

It is necessary to anchor the bottoms of two of the tower uprights. In our case we had concrete pods poured in holes in the ground with pieces of angle-iron protruding. By putting nuts and bolts through the angle-iron and the bottoms

of the two uprights, a crude hinge is formed.

If you haven't prepared the pods beforehand, but only have the holes in the ground where they ought to be, attach short pieces of angle-iron to the bottoms of the uprights and jam them into the holes with pieces of stout timber. As the tower comes upright, the timber guides the uprights into the holes.

This leaves you with one spare upright (for a tripod tower) or two (for a four-legged tower). Use the ends of these as anchors for a piece of chain and a stone weight – every little helps.

Use the car jack for starters. Whenever one method of hauling is used, the others all go slack. You therefore have to go around jacking, working the winch, tightening the fence puller, putting another stone in the bucket, then back to the jack, etc etc.

Eventually, the point of balance is reached. The feet of the tripod will slide into their respective holes and the tower is upright. If the feet are 'loose', it might be as well to have three temporary guy ropes, to stop it leaning out of the vertical while you pour the concrete pods.

# NOSTALGIC CRAFT

## A SIMPLE CHAIR TO TREASURE OR PLAY WITH

by Jane Smith, Kilsyth, Vic.

Our children are fascinated by tales of our childhood, inconsequential events that were just part of our everyday routines: school milk, ink wells, horsedrawn deliveries from the ice man, baker, milkman, greengrocer. We in turn wish we'd listened more closely to, and asked more questions of, our own parents and grandparents. Sadly, it is often too late. We thought this clever idea of passing on a little family history, a little nostalgia, would appeal to many of our crafty readers.

When I was a child my grandmother would look at the rain beating on the window panes and then at our small, bored faces pressed up against the glass. And she'd say brightly, 'Would you like to tidy up my lace and ribbons drawers?'

You bet we would. Out would come the drawers onto the floor and while Nan got on with cooking or sewing, we'd be down on our knees, exploring yet again our grandmother's treasures of long ago. Delicate old laces and ribbons from old hats, jars of buttons, pieces of rich satins and velvets, old brooches and beads and segments of composition dolls waiting to be strung together again, 'one day when I have the time'.

Most of that treasure has long ago become scattered and lost, but some of it I have saved in a more lasting form; a time capsule, you might call it. I've made the ancient fabrics into small chairs and, who knows, those little chairs might be around long after I have gone to the great garage sale in the sky?

Inside the chairs, the printed paper packing might be of interest too, when time finally takes its toll and a little chair falls apart; pages from a magazine or newspaper of our times could be pulled

out, the creases ironed out and today's news read by another generation. You could also include messages and/or tiny family keepsakes in the stuffing.

On a more practical level, the chairs could be made in sets of modern and matching materials and given as a present of Barbie-doll furniture. Or they could be sold on a market stall, or given to a church or school fete. Small pieces of old fabrics and laces and unfinished tapestries could be brought together in a chair, called a brooch cushion, and made to look entirely at home on a table of collectables and antiques.

### TO MAKE A CHAIR

#### Materials

one empty fish can (approx 10 cm diameter x 7 cm deep x 32 cm circumference)

I used the can from a 455 g size of salmon.

Remove the lid and contents, wash the can well and fill with a little bleach liquid in cold water. Leave to soak until all fish odour is gone. Rinse and dry well. This will become the body of the chair.

You'll also need a 20 cm length of pantihose leg or the leg of a thin sock, two or three strong elastic bands, a few metres of fishing cord or strong thin twine, paper filler such as pages from a magazine or newspaper, some padding material about a centimetre thick that can be cut to a pattern, a piece of firm but bendable cardboard 18 cm by 13 cm wide, and a quarter-metre of main fabric. The final trimming of the chair may be a length of antique lace – as little as 35 cm – or a scrap of fine old tapestry material that would cover the seat of the chair.

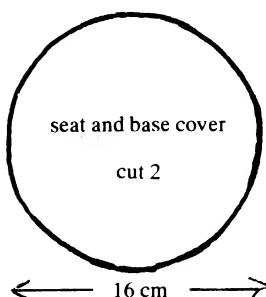
#### Cutting Out the Fabric Pieces

**The Seat:** Using the can as a pattern, place it open-end down onto the wrong side of the fabric and dot-dash around it with a biro pen. Leave a wide margin all round so that you end up with a circle that is 16 cm in diameter.

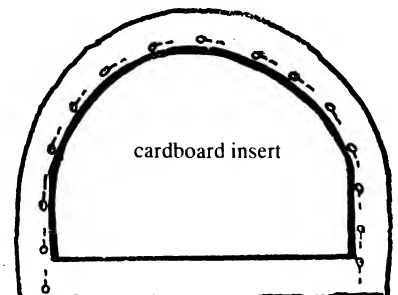
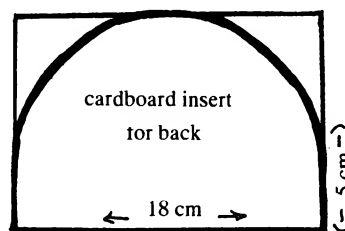
Cut two of these, one for the chair seat and one for the cover of the base. If using a piece of tapestry for the chair seat, cut one circle of this and the other of chair fabric for the base.

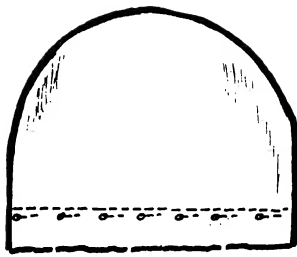
**The Back:** Begin with the piece of cardboard laid on the table. Place a round 18 cm diameter bread and butter plate face down on the cardboard, with the rim of

Pattern For Seat

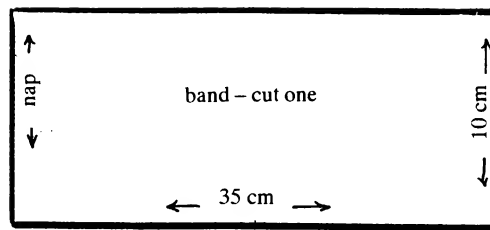


Pattern For Back

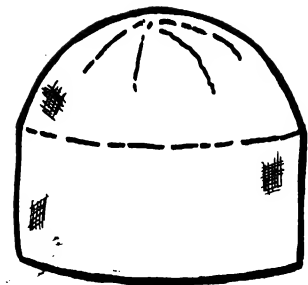




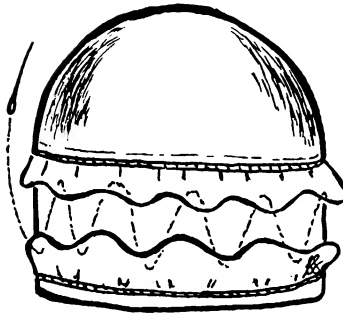
cardboard sandwiched  
between padding pieces



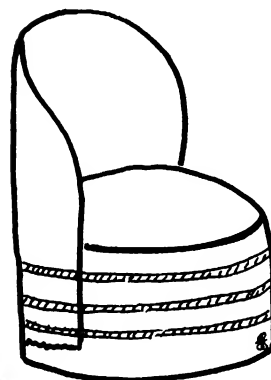
Pattern For Finishing Band



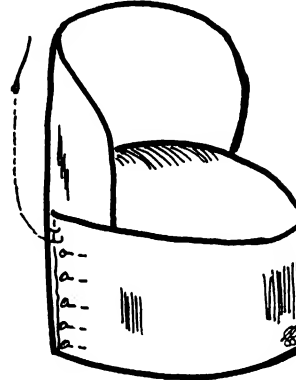
Seat - Padding Inserted



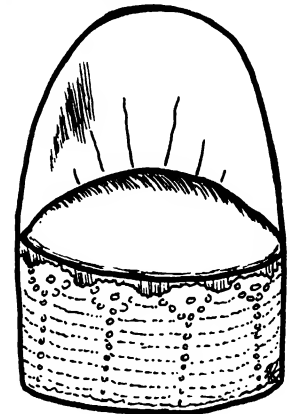
Assembling The Seat



Attaching Back To Seat



Finishing



Finished Product

the plate touching the top of the 18 cm wide edge of the cardboard rectangle. Draw round this plate pattern to get the top curve of the chair back. Finish on the straight sides of the cardboard, about 5 cm from the bottom on each side. Cut out on rounded line. This makes the pattern and also a firm insert for the back of the chair.

Place this pattern for the back pieces of the chair on the wrong side of the fabric and dot-dash around it in biro, allowing 2 cm all round the cardboard pattern for seams. Cut two back pieces of fabric.

Cut a band of fabric for finishing the body of the chair, 35 cm x 10 cm.

**Padding:** Using the cardboard pattern for the back of the chair, cut two pieces of padding material the same size as the cardboard, no seams.

**The seat padding:** Using the can as a pattern, cut two circles of padding, no seams. Save padding offcuts to add to the seat packing later.

#### Assembling

**The seat:** Pack the seat firmly with crumpled newspaper. Include your message, photo, or family keepsake too, if desired. Slip the can inside the tube of pantihose or sock leg, base downwards. Stitch underneath the can to make a flat seal there, and draw the length of stocking material up and over the can and its con-

tents. Top the paper filling inside with scraps of padding and finish with the two thicknesses of round-cut padding. Press the packing down firmly and stitch the stocking down over the top to hold it in place.

Apply the bottom circles of fabric to the base of the can and hold it in place with a strong elastic band. The seat cover can be applied in the same way. Stitch the edges of these covers together round the body of the chair, using a long needle and large stitches to draw the edges towards each other. Remove elastic bands.

**The chair back:** Place the two fabric back pieces together, right sides facing each other. Lay the cardboard pattern on top and pin the fabric pieces together all round, leaving the bottom edges unpinned. Sew on the pin-marked line, cut stretch notches on the outer edges, and then reverse so that the right sides of the fabric face out.


Insert the cardboard, sandwiched between matching padding pieces. Pin bottom edge firmly closed, stitch down and then remove pins.

**Attaching back to seat:** Check the seat pieces to ensure that the nap or tapestry design will be facing forward, then press the back section onto the body of the chair, keeping it well and evenly down

all round. Hold in place with two strong elastic bands. Tie tightly with fishing cord or twine, several times round the can. Remove rubber bands.

**Finishing:** Cover all this preparation work with the band of fabric, turning the edges of the band under and checking that any nap smooths downwards. Pull tight, pin together at back, stitch firmly in several places on the seam and remove the pins.


A final trim of lace or tatting if desired, can be attached over this band and stitched neatly at the back. Your chair is now complete and ready to become a 'one off', or matched and made part of a set.



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# BUYING A FARM

## LEARN BEFORE YOU BUY

by Pat Coleby, Maldon, Vic.

You're still hanging in there in spite of my playing devil's advocate in the last GR? Great, I was difficult to discourage too!

I would suggest that you do not decide to do one type of farming until you have managed to get out there and tried, or had a look at, other kinds as well. The commercial market gardener I served my time with at the end of WW2 was/is the leader in the organic field in the UK, by sheer chance and my good fortune. He wasn't too free with advice, but was a good teacher. He reckoned one should look around and then specialise in one thing and get to know all there was to know about it. His specialities were tomatoes and chrysanthemums and he was pretty good at it, but of course grew other crops as well. I decided I would make goats my main money earner and did just that, and worked hard to learn all I could about them; which, as no one else here knew too much either had its moments.

Possibly the ideal, much derided in some quarters today, is the old-fashioned mixed farm: a bit of everything so that the concern is largely self-supporting in all food and other necessities as far as possible. A good garden, and animals that provide meat, milk, eggs and even some of the clothing would be the ideal. It saves a terrific lot of money and visits to the supermarket will be minimal. As well as this, do what farmers of old did and have a 'pet' project that you become expert in, breeding a particular type of livestock perhaps, and really study all the finer points.

Do get experience before walking in the new farm gate – if there is one. TAFE and similar bodies run excellent courses on all aspects of farming, from fencing, to owner building, to landcare, to bee-keeping to animal husbandry. All members of the family of an age old enough to absorb it should attend classes if possible. When Peter Bennett, the leader in soil remineralisation in Australia in the '60s, spoke at the local high school around 1967 my husband and I decided that we should all go. We were not sure



what it would be about, but had a feeling it was information that we needed. The ages of the young ranged from 8 to 12, two of each sex. Peter Bennett started to talk at 8pm, with excellent slides showing the deformities brought about by unbalanced minerals and explanations of how to regenerate the played out soils and much more, and it all passed extraordinarily quickly. When he finally stopped I looked at my watch, and the rapt faces of all the family who had sat quiet as mice through the whole lot, and found it was 2am. We never looked back, and even the youngest had gained something from that talk.

Information was scarce in the middle of the century. Unless one worked with a fencer/dairy farmer, or whatever, it could be difficult to learn. But now a great many professionals give classes in all fields. Enquire of your local college of advanced education, and keep an eye out in magazines such as this one for advertisements of courses. The difficulty is to select which one; there is almost too much information available.

The avenues for learning basic animal care are just as numerous, but depending on whether you are in favour of the drug approach or doing things as naturally as possible, you have to be a little selective. The literature is out there on management of land and livestock, and

may take some sifting to see which aspect suits you. I found some of the early books on stock keeping informative and down-to-earth, and keeping animals as naturally as possible is both profitable and satisfying.

Next time I'll discuss some of the many decisions to be made before purchasing a farm.

Pat is the author of a range of books. Currently available are: *Natural Horse Care*, *Healthy Land For Healthy Cattle*, and *Natural Pet Care* (see last page for details).

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urged to join the big year.

Although the main anniversary programme has taken place, events still to

come include:

- June 4-8, eco-village course.
- June 19, Lismore lantern festival.
- July 10-11, Youth festival.
- September 19-20, Celtic dreaming feast and workshop.
- September 26-Oct, exhibition and Spring Arts festival.
- September 27-Oct 3, spring workshop series.
- October 2-4, Lismore Folk festival.
- Nov 1-14, permaculture design course.
- December 20, Solstice open day.

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# EMERGENCY CARE FOR NATIVE WILDLIFE

by Donna Sly, Emerald, Qld.

Whether you have come across a native animal that has been caught in a fire or by a cat, your initial treatment could decide if the animal is to live or die. If your treatment is correct the animal's rehabilitation will be quicker and less traumatic. The longer a wild animal is in your care being subjected to unfamiliar sounds and smells, the less its chance for survival. This is why it is highly recommended that as soon as possible you hand the animal over to a registered native wildlife group.

At all times remember that this is a wild and frightened animal that has been injured. Your handling of the animal must be quick or you could suffer an injury yourself. If you do receive an injury, disinfect the wound and contact your doctor as a tetanus injection could be required.

## APPROACHING THE ANIMAL

Before approaching the animal make sure you have the following items at hand:

- A strong, cat carry cage, or equivalent, to place the animal in. If it is a small animal such as a bird or joey you can place it in a turned out pillow slip which can be securely tied at the top.
- A large thick towel or blanket to throw over the animal is ideal to help minimise further injuries to the animal or yourself. Once the animal is covered it will also be calmer. If you are attempting to catch a large animal such as a wallaby, have a hessian bag ready to place the animal into.

When approaching the animal make as little noise as possible, throw your towel over the animal's head and gently wrap it up. Place the animal in the cage and carefully remove the towel. This method can be used for birds and smaller marsupials such as gliders, ring-tailed possums and bandicoots.

## Possums

Larger possums such as the brushed-tailed possum can inflict nasty bites and scratches and caution is recommended.

There are three methods of handling a possum of this size. The first is to place an upside-down washing basket over the possum. Weigh the basket down with bricks and cover with a blanket. If the possum is in a confined area, grab it at the back of the neck and at the base of the tail and quickly lift it into your cage. As a last resort you can grab the possum by the tail and swing the animal into the cage. You must keep swinging the animal until it is in the cage or it may climb up its tail and bite you. A towel can be used for the last two methods as a way of reducing injury to you or the animal.

## Wallabies

Wallabies look very cute, but do not be fooled, they can inflict terrible injuries with their hind legs and teeth. It is far better to have two people when attempting to catch an injured wallaby. One person should hold the bag open while the other lifts the wallaby by the tail, making sure at all times that the wallaby's back is presented to them. If the wallaby swings its body around you could be injured by the hind legs kicking out. Once the wallaby is in the bag you must tie the bag around the tail with a strong rope. If at all possible, arrange for a wildlife group to come to you rather than transporting the animal yourself.

## Lizards

Lizards are often attacked by cats or birds, or accidentally run over by the lawn mower. Disembowelment is the usual injury and, while it looks as if it must inevitably prove fatal, this is not always the case. If the lizard can be taken to a vet within a few hours of the injury occurring, it can often be saved. Gently pick the lizard up by placing your hands behind the shoulders and around the lower legs, place it in a grass-lined cage or a clean ice cream container.

## Echidnas

Echidnas will start to dig down at the first sign of danger and they can be difficult to extract. The animal might come up if you pour a few cups of water into



the hole. If not, it is better to sit and wait as you may cause further injury by digging down to the echidna. When the animal surfaces, gently lift it up by the hind legs and it place into your cage.

## Bats

Australia has a wide variety of bats that come in all shapes and sizes. For a micro bat a pillow slip is ideal, but for the larger types such as fruit bats a large sturdy box will be needed. Remember that bats should be kept upside down and you will need to provide a stick through the box for it to hang from. A micro bat will be able to cling to the pillow slip. Once again, you will be dealing with sharp teeth and claws. Watch out for the 'thumb' on the end of the wings which can cause serious eye injuries. Place your towel over the bat and carefully fold the wings in and place the bat in your container. Bats require specialised care and you should notify your nearest animal group as soon as possible.

## MINIMISE TRAUMA

You can safely assume that any animal

that comes into your care is suffering from shock and you must do all you can to minimise this. Warm, dark and quiet are the three words you need to remember. Shock will cause the animal's body temperature to drop and you must address this quickly. Place a hot water bottle wrapped in a towel in with the animal. Cover the animal to give it a sense of hiding and therefore security. Keep all pets and children away as they will add to the animal's stress. Make sure that the radio and television are turned off for as long as the animal is in your care. We humans look, sound and smell wrong to an animal so keep your contact with the animal to a minimum.

If the animal is conscious offer it the following solution which will help to rehydrate and restore energy: one cup of cooled boiled water and one level teaspoon of glucose. Never force the animal to drink, especially if it is unconscious. You may also offer Lactade if you have any on hand.

#### Unconscious Animals

An animal that is unconscious should be placed in the recovery position – ideally while still in the cage in case it regains consciousness. Lay the animal on its side and place a folded towel under the head to elevate it. Check to see if the airways are clear and clear them if not. If the animal is a bird that has knocked itself out on a window you might be able to release it in a few hours. If, after an hour, the animal has not regained consciousness, it will need to be seen by a vet. Possums fight in the wild and it's not unusual to find one on the ground unconscious. While the animal is unconscious, disinfect any wounds – it is important that you check for puncture wounds and broken bones. If you have any doubts about broken bones, take the animal to a vet or contact your nearest animal group.

#### Bleeding and Burns

If the animal is bleeding, stem the flow by applying firm pressure with a clean cloth. Animals suffering from burns need to see a vet, but in the meantime place cool, wet cloths over the burnt area.

#### ROAD INJURIES

While travelling by car, keep an eye out for animals lying on the side of the road. Many animals are killed outright but some lay suffering for days. Always check for a joey in the pouch. They can often survive the accident only to die

days later from starvation or ants. If you find a joey, carefully remove it from the teat and pouch. If the suction is too strong you may have to cut the teat off as you risk injuring the joey further by pulling it roughly off the teat. Place the joey into a turned out pillow slip or a tee shirt and then wrap securely in a warm jumper. When checking for a wombat's pouch, keep in mind that they open upwards not downwards as a wallaby or kangaroos does.

#### JOEYS

A joey's requirements are many and the rearing of one is best left to an animal group. If you are unable to contact one, offer the joey the glucose solution as for shock. You will have to visit a vet to buy a teat and bottle. Wombaroo have formulas for a variety of young animals and your vet will be able to advise you what type you need. After every feed you must stimulate the joey to relieve itself by gently wiping the cloaca with a wet tissue. All feeding utensils and water must be boiled and you must wash your hands before and after feeding the joey. To make a pouch sew the arms and bottom of a woollen jumper and line with a turned out pillow slip. Hang this off a door with the bottom of the pouch just touching the floor. At all times keep the joey warm.

#### REGISTERED GROUPS

For the health of the animal, no matter what it is, you should hand it over to a registered wildlife group such as WIRES or AWARE. The volunteers have been trained in first aid, rearing skills, habitat and releasing procedures. To find your nearest group contact National Parks and Wildlife Services in your state and they will tell you who to contact. It is hard to hand over an animal that you have helped and perhaps fallen in love with, but that animal is a wild creature and deserves a chance to go back to the wild. The animal has its own role to play in our environment and its best chance of getting back there is by placing him with the people who are trained in these matters.

It is illegal to hold onto a native animal for longer than seven days, unless you seek and receive a permit from the National Parks and Wildlife Services. If you do receive a permit to hold on to the animal until it can be returned to the wild, the following table will help you with feeding the animal. An excellent

book to read on this subject is *Living With Wildlife*, by Eva Murray.

#### EMERGENCY FEEDING

No native animal should be fed bread, cow's milk, or biscuits.

#### Birds

##### Honey Eaters

Liquid glucose, pureed apple, pears, peaches, flower blossoms from any native shrub, Wombaroo Honey Mix.

##### Insect Eaters

Soaked dog biscuits, meal and garden worms, chopped boiled egg, mince with added calcium, Wombaroo Insectivore.

##### Grain Eaters

Parrot mix bird seed, seeded grass including the roots and dirt, Wombaroo Grainivore mix, nuts from any native tree.

#### Possums

##### Brush-tailed

Bananas, apples, grapes, oranges, rolled oats, gum leaves especially the new tips, native shrub and tree blossoms, Wombaroo possum raising formulas.

##### Ring-tailed

As for brushed-tailed, dried gum tree sap.

##### Sugar Gliders

Both pureed and whole soft fruit, insects, Wombaroo possum raising formulas.

#### Lizards

##### All Types

Mince, raw egg, insects, snails and grubs.

#### Wallabies and Kangaroos

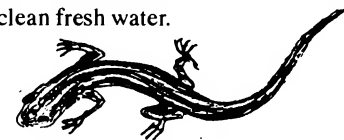
##### Joey

Glucose solution, Wombaroo formula.

##### Adult

Lucerne hay, kangaroo pellets, fruit.

All animals should have free access to clean fresh water.



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# A CHAMOMILE LAWN

by Adriana Fraser, Clematis, Vic.

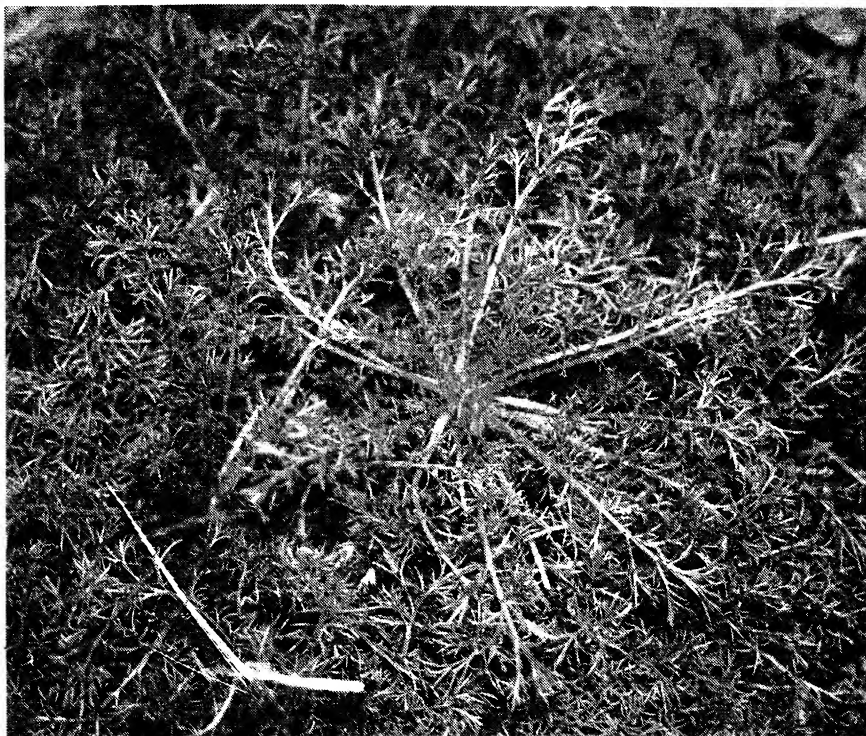
A few years ago I was inspired to plant my first chamomile lawn. We had a south-facing area about six metres by three metres which received only the afternoon sun and sat between the entrance to the house and the fence. The soil was clay, and the conventional lawn I had planted refused to grow. After a visit to a well known local herb farm I decided a chamomile lawn might work. Following a lengthy discussion with the proprietor about soil conditions, quantities required, and the price, he sold us on the idea with a quote (so he claimed) from Shakespeare: 'The chamomile lawn is yet the best place on which to maketh love'.

We left armed with a metre of plants and lots of enthusiasm. I now had a large clump of plants (*Anthemis nobilis*) and no soil in which to grow them. Ordinarily, I would have built up the soil with compost and straw, but time was at a premium. We broke up the clay as best we could and added a generous quantity of gypsum.

I bought in a trailer load of soil which was spread on the top of the clay. The soil was enriched with as much compost as I could spare and with this I worked in a generous amount of dolomite at the rate of one handful per square metre.

I separated the tiny plants from the clump a few at a time so as not to dry out the roots, trimmed back the tops to about three centimetres, and planted them at fifteen centimetre spacings. The soil was mulched with about five centimetres of sawdust as I completed each row. The need to mulch is very important if you wish to save yourself the nightmare of trying to weed the lawn during its establishment time and most probably subsequently pulling the whole thing up and starting again! Once established however the lawn is so thick that weeds have difficulty penetrating; there are always a few die-hards but these will be easy to manage. In later lawns I've planted I also covered the soil with newspaper before planting through the paper and mulching; it works very well.

Maintenance is very simple. The lawn will take approximately three months to establish and during this time it is important to keep it watered. At this



stage another dressing of dolomite is very beneficial. The first couple of cuts need to be done with hedge cutters or the like so the roots have time to grip into the soil as a lawn mower at this stage would probably rip the plants out. The plants should not be allowed to grow too long or to flower. Once at the flowering stage the plants become very lanky which results in a mass of roots with little top growth, it also encourages weed growth. There is a nonflowering variety of chamomile available named *Anthemis nobilis Treneague*. This apparently eliminates the need to mow.

After the first two hand trims the lawn should be ready to cut with the mower. I always use a catcher and cut on a fairly high setting, leaving about five centimetres of leaf. Chamomile loves to be walked on, emitting a delightfully strong apple scent; it also encourages side shoots to take root, promoting a thick carpet.

Allowing a narrow border strip to flower around the edges of the lawn will provide the blooms to use for hair rinses etc. Lawn chamomile is not the variety used for tea making as the taste is bitter.

It does however have cosmetic and medicinal uses.

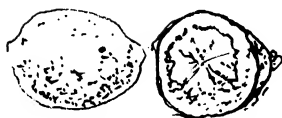
The flowers are best picked on a dry sunny morning after the dew has evaporated. They will dry very well within a few days on a wire rack in an airy (not hot) position. The flowers possess a powerful aromatic oil which is said to have healing and soothing as well as digestive properties. Infused in hot water, approximately 50 grams of flowers to six hundred millilitres of water, the resultant tea can be used as an antiseptic treatment for the skin, added to the bath water or watered onto seedlings to prevent damping-off disease. It also makes an excellent hair conditioner for blonde hair, bringing out the highlights. An oil can be made by adding the bruised flowers to a light odourless oil which is left on a sunny windowsill for three to four weeks. The oil can be added to the bath, rubbed on rheumatic joints or used as a hair conditioner.

The lawn clippings act as an efficient activator when added to the compost heap. Chamomile is known as the 'physician plant' and said to help in the recovery of ailing plants if grown near them.

# GARDEN BOUNTY

## Lemons

by Cheryl Beasley, Karalee, Qld.



Lemons like to grow in a light, well aerated soil. It is essential to water them well when young and mulch around the base with plenty of straw or organic matter. Avoid touching the trunk with mulch as rotting can occur.

Lemon juice has bleaching and astringent qualities, making it especially beneficial for oily skin. A dab of lemon juice on the odd pimple will quickly dry it out and prevent it from developing further.

### Honey and Lemon Lightening Mask

1 tbsp honey  
1 tbsp lemon juice  
oatmeal

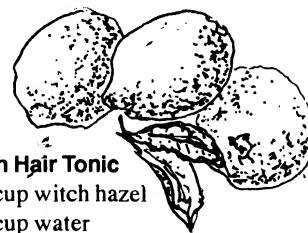
Mix the honey and lemon together then add enough oatmeal to make an easy to use paste. Spread over the face and neck and leave for twenty minutes to tone and gently bleach.

### Tightening Mask

(beneficial for open pores)

1 egg white  
1 tsp lemon juice  
1 tsp milk powder

Combine the ingredients and spread the mixture evenly over your face. Leave this on until dry and tight and then remove gently with lukewarm water.



### Lemon Hair Tonic

1/2 cup witch hazel  
1/2 cup water  
1 tbsp lemon juice

Combine the ingredients and massage into the scalp two or three times per week after washing the hair.

### Oily Skin Toner

1 tsp lemon juice  
1 1/2 cups water  
1/4 tsp alum

Mix the ingredients together and use after cleansing when necessary. Store in the fridge.

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# Livestock Health and Management

## Information You Need but Haven't Known Where to Ask

If you have queries on any type of livestock send them in and we'll get our panel of experts to research the problem for you. Send them to Livestock Advice Page, Grass Roots, PO Box 117, SEYMOUR 3661.

### MORE ON MANGE

Having read that awful story of the mange on the camels, if the owners were to put out the lick that I suggest, on a free-take basis for the camels: 25 kg dolomite, 4 kg copper sulphate, 4 kg yellow dusting sulphur and 4 kg seaweed, or add it to the feed at the rate of about 20 grams a day, the trouble would right itself. The lick must be kept dry, so place it under cover. Also a copper wash, made up as follows: 20 grams of copper sulphate, 2 tablespoons of vinegar in about a litre of water (hot to dissolve the copper), would probably be a far safer and more effective wash than Malawash or Ivomec.

**Pat Coleby,**  
**MALDON 3463.**



### PUPPY DIET

I would like help working out a diet suitable for my six month old pup. She has been wormed regularly and checked by the vet. I feed her a mixture of dry puppy food, fresh chicken wings and rice with parsley, garlic and oil. She has never really seemed to put on condition as I feel she should.

**Jean March,**  
**MURWILLUMBAH 2484.**

*We have covered feeding dogs and puppies in*

*several previous enquiries, see the Livestock Health and Management page in GR 123, 'Natural Rations for Dogs' and 114, 'Dog Problems'. Do not overlook the advice in 'Natural Pet Care', which Pat Coleby has written to meet the need for feeding and health information on domestic pets.*

### MINIATURE PIGS

I read recently about a special miniature New Zealand pig – can someone tell me about it and is stock available in Australia?

**Anna Fenton,**  
**STRATHFIELDSAYE 3551.**

*The miniature you are referring to is the KuneKune, a native breed that was probably first introduced by visiting whalers some 150 years ago. It is thought they may share a common ancestry with pigs from the Polynesian Islands and even Asia and South America.*

*KuneKune have become popular as pet pigs because of their small, round short-legged shape and placid nature. They are also attractive to look at, with colours varying from black, black and white, brown, gold, tan and cream, patterned with random spots and patches. Their coat may be short and silky or display long coarse curls. Another feature is their tassels (like on a goat) which are about 4 centimetres in length and attached to the chin or jowls. According to the New Zealand KuneKune Breeders Association, 'The typical nature is of a sociable, placid pig that likes close human contact. They are intelligent, resourceful, and affectionate with a passion for food and a good scratch (in that order!).'*

*Alas, there are no KuneKunes in Australia because exports from NZ are prohibited because of the risk of Aujeszky's disease.*

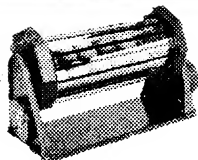
### PAT COLEBY'S 'DOG DIET'

So many people write in with queries about feeding their dogs a healthy diet that I hope the following general advice will be of use. I suggest readers copy and keep it for future reference.

- 'Farrells' Kibble or Four By Twos should be available on demand. (You can get Farrells' at your local stockfeed store.)
- Fresh water in a glass or ceramic dish should always be available. Place a 5 cm piece of copper pipe in the dish (prevents copper deficiency).
- Cooked brown rice and plenty of grated raw vegies can be added to the Kibble.
- Dolomite, a pinch sprinkled on the food twice a week.
- Sulphur, a pinch sprinkled on the food daily.
- Cod-liver oil, 1 tsp per week.
- Kelp, 1/2 to 1 mg tablet per week, depending on size.
- Quarter to half a freshly gutted rabbit (skin still on) once a week. Provided dogs are fed as above they do not need much meat.

Quantities stated are for a Kelpie-sized dog. The dolomite, sulphur (yellow dusting sulphur), cod-liver oil and kelp should be obtainable from a chemist, vet or stockfeed store. Don't forget exercise is also a very important part of your dogs' health.

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## GREENHOUSE IMPACT ON AUSTRALIA'S FORESTS

In the short term Australia's forests may benefit from a higher level of CO<sub>2</sub> in the atmosphere, which is expected to encourage tree growth across Australia. Growth increases are predicted to be from 10 percent in the cool, wet south to 50 percent in the semi-arid regions. However, in the longer term, the associated higher temperatures could equal or exceed the earlier gains. The greater amount of water lost through evapotranspiration in higher temperatures is expected to have a negative effect on tree growth. Taken together, the two factors are likely to cancel each other out. Wise planters will be planting out trees now to take advantage of possible short-term favourable conditions.

## SUSTAINABLE FISHERY

The Lakes and Coorong fishery has been in operation since the mid 1850s - before the paddle steamers started going up and down the Murray River. It covers an area of 75,000 hectares near the mouth of the Murray River in South Australia and is by far Australia's largest estuarine fishery.

The commercial fishery currently involves 38 families and is Australia's largest European carp removal team. Those involved in the fishery are committed to the long-term future of this unique ecosystem through practices that continuously improve environmental performance in all phases of the industry's operation - administration, fishing, processing and packaging.

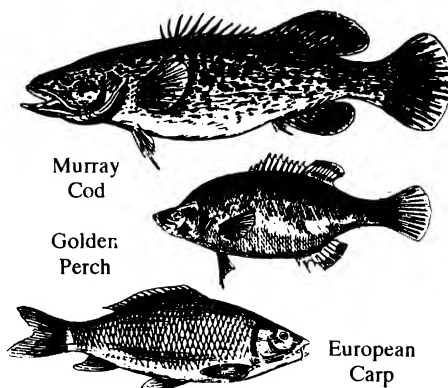
The environmental management plan for the fishery is the first of its kind in the world, aiming to meet all the relevant standards with regard to environmental practice, not just for a single business, but for an entire industry.

Some features of the environmental plan include:

- Overharvesting unwanted introduced species such as carp for use in niche markets, including gourmet dishes, crayfish bait, organic fertiliser and gourmet pet food.
- Voluntary daily monitoring of key environmental features such as movement and numbers of threatened bird species, pollution and visitor use.
- Self-imposed restrictions on fishing

practices: banning of specific mesh to protect undersized fish, increasing minimum size of flounder catch from 23 cm to 25 cm.

- Development of new gear that reduces bycatch.
- Direct effort to rehabilitate the natural estuarine environment which was greatly altered by barrages constructed in the 1930s.
- Recycling of industry waste materials.
- Constant seeking for lower impact procedures and materials:



From: *River Murray Charts*,  
by Maureen Wright.

## WOODLAND MYCORRHIZAL FUNGI

A study in WA has shown that fungi play a vital role in nutrient cycling in forests around Australia. Fungal diversity in dry woodlands can equal that found in wetter forests. Many fungi form symbiotic relationships with tree roots, enhancing their nutrient carrying capacity. Different fungi are associated with different plants, with each fungus functioning optimally in a particular environment. CSIRO scientists are developing a method that would introduce the appropriate set of fungi for local trees and shrubs. The seedlings are being grown in association with a diversity of fungi from areas where the species would naturally be found in the wild. Later, when they are planted in an area to be revegetated, the fungi will be introduced to the new area along with them.

## VICTORIA'S BIODIVERSITY STRATEGY

In December '97, the state government launched Victoria's Biodiversity Strategy, incorporated in three volumes. The

publications are well produced and easy to follow and should be essential reading for anyone in that state with an interest in environmental matters. They are available from the NRE Information Centre, Ground Floor, 8 Nicholson St, East Melbourne 3002. \$25 covers the cost of all three volumes and postage.

## DOMESTIC TRANSPORT AND GREENHOUSE

A recent study has shown that domestic transport was responsible for 71 percent of greenhouse gas emissions from Australia's transport requirements in 1994-5. About 83 percent of this came from road transport. Emissions from Australian transport increased 21 percent over the ten-year period, 1984-5 to 1994-5. The upward trend in demand for passenger and freight transport is expected to continue and lead to significant increases in emissions for the next 20 years.

## SEDIMENT ENTERING THE GREAT BARRIER REEF

Marine plants have been used as indicators of water nutrient content in a study that shows that by far the greatest proportion of nutrients being carried down rivers and out to the Great Barrier Reef come from grazing land. About 15 million tonnes of sediment is carried down rivers each year into the Reef; this includes 77,000 tonnes of nitrogen and 11,000 tonnes of phosphates. About 80 percent of nutrients entering the Reef are from grazing, 15 percent from sugar cane cultivation and one percent from sewage.

## AUSTRALIAN CENTRE FOR ENVIRONMENTAL LAW

The Centre For Environmental Law has been running a number of short courses this year for public sector managers from a range of government agencies. Most have taken place earlier in the year, however, there is one final course, June 11 - 12, that could be of interest to readers: Beyond Regulation - towards flexible efficient and effective environmental strategy.

Further details are available from: Neil Gunningham, Faculty of Law, The Australian National University, Canberra, ACT 0200.  
Ph: 06-249-3397.



# FEEDBACK LINK-UP FEEDBACK

Dear Editors,

Thank you for all the knowledge I have gained over the years from *Grass Roots*. Recently, I have been trying to find out why several different plant varieties are sold as the herb **GOTU/GOTA KOLA**, and am leaning towards the conclusion that whilst there is a plant which originated in Ceylon (Sri Lanka) called gotu kola, the name has emigrated to Australia and then been applied to several members of the pennywort families (eg *Hydrocotyle* and *Centella*), most frequently to *Centella asiatica*. The stated medicinal properties of gotu kola are not mentioned in any of the references I have consulted so far as being applicable to the pennyworts. Can anyone enlighten me please on when the name arrived in Australia, how it came to be applied to the pennyworts, and if any (or all) pennyworts have the same medicinal properties as gotu kola?

G Reeve,  
PO Box 129, CLAYFIELD 4011.

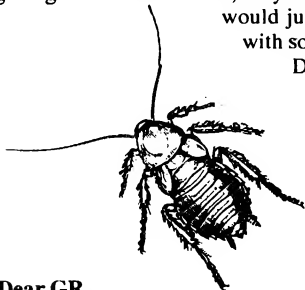
Dear GRs,

Firstly, thank you to everyone who replied to my letter concerning help for osteoporosis, your suggestions and remedies were very helpful. Now for another sing out for help. Can anyone tell me **HOW TO GROW TARO** in Qld. We live northside of Brisbane and any suggestions and techniques would be very gratefully received. Also, any recipes, especially from Samoans, Indians and Fijian people would be appreciated for the use of **CASAVA**. My 18 year old son loves these two food dishes and just can't seem to get enough of them.

Anyone wishing to write or perhaps drop in for coffee would be welcome. So if any ladies are looking for a little company to compare notes on alternative living, fishing, photography, then maybe we can get together. I am married, 39 years old, have an 18 year old son, and would just like to share a coffee and a chat with someone of the same interests.

Does anyone have any suggestions on how to **GET RID OF COCK-ROACHES** as they are everywhere at the moment?

Skye,  
17 Mabel St,  
MARGATE 4019.



Dear GR,

I wonder if any readers can help me out with a recipe? It's used to ice cakes, in particular banana and carrot cakes. I know Philadelphia cheese is the main ingredient, but that's the extent of what knowledge I have on this matter. It's a yummy, **CREAMY SOFT TOPPING** that really brings out the full flavour of the cake. Hope you can help and keep up the great work. Just love GR!

Elizabeth Pickering.



Dear GR,

I wish to thank the many kind folk who responded to my request for information concerning hydroponics. The response was wonderfully overwhelming and the information provided very useful and much food for thought. I extend my apologies to all for the delay in relaying my gratitude, but better late than never.

I wonder if anyone could shed some light on an odd vegetable called an **AFRICAN CUCUMBER** which apparently grows wild on a neighbour's property? It's highly ornamental in appearance, oval shaped, covered in spiked protrusions and perfectly edible. I look forward to any information and take this opportunity to wish all a happy and fruitful year.

Dianne Warren,  
Lot 5 Boonah-Rathdowney Rd, MAROON 4310.

Dear GR,

Would **ERIC HUNTER STRAHAN** or anyone knowing his whereabouts please contact me?

Jackie Spresney,  
7716 Sandra Lane,  
Raleigh, NC 27615, USA.

Dear Megg,

We have been reading GR now since about issue 5 and have always enjoyed them all. We have done all the suburban trip and now that all the kids have grown up we've decided to **TAKE OFF AROUND AUSTRALIA**. We have done a lot of travelling around before, but always had to stop and settle for school for the kids, so now it's just us. We left Brisbane last April and headed up north. We picked capsicums in Gumlu, packed pineapples in Rollingstone, packed and despatched mangos at Giru, and left north Queensland due to the wet season and headed back south for Xmas. We spent a few weeks in cities with family and friends and we're glad to be back on the road again and back into the small country towns. We are now picking oranges in Leeton, we have been lucky and had work so far everywhere we've been. The season here finishes in May and we are heading across to SA and then WA.

We are hoping to do all of Australia right back around and wanted to know if any readers knew of any seasonal work along our way. We have no set destination, no time limit on us, just want to see as much of this country as we can. Also, if there are any GR readers that would like to share a cuppa with some travellers. We travel with two dogs, one a 16 year old Cattle, and our new addition a 10 month old Staffy pup. We are saving as much as we can along the way so when we do find our perfect piece of Australia we'll have enough to buy it, hopefully.

We want 10 or more acres and hope to end up as self-sufficient as possible. We have learnt a lot so far and met a lot of people travelling, but not many GR people.

We are travelling in an old '78 Bedford camper, it's our home on wheels and it's called 'Dreams', so GR people out there keep an eye out for us on the road. Our mail will be sent on to us when we leave here, so anyone that can help we would love to hear from you.

One last thing; does anyone know where I could buy unusual beads? I make jewellery and dream catchers and would love to get a supply of beads, especially different ones, before we leave here.

Tanya & Des Kirby,  
C/- Post Office, YANCO 2703.

We suggest you obtain a copy of 'Workabout Australia', reviewed in GR 126. Ph: 02-6884-7777 for details.

Dear Megg,

Is there anyone who can advise us? We have an old milk separator which works perfectly except that it needs **TIN PLATING**, cannot use with its present deteriorated surface. All enquiries between Newcastle and Coffs Harbour have failed. Would someone drop us a line if they can help please?

Enid Davidson,  
242 Cooperaling Dr,  
TELEGRAPH POINT 2441.

To The Editors,

I have just purchased my first issue of GR and discovered what an excellent magazine it is. Please accept my **CONGRATULATIONS** on your publication – a whole new world to a person who ceased purchasing magazines some years back due to the rubbish they print. Rest assured I will continue to buy it now, and read it with much interest.

Dorothy Thornthwaite,  
34 Shamrock Dr,  
BERKELEY VALE 2261.

Anonymous letters will not be published. Please indicate if you would like personal details to be withheld.

# FEEDBACK LINK-UP FEEDBACK

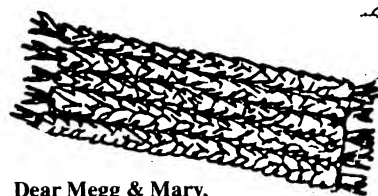
## Dear Grass Roots People,

Today I read the December issue, in what must be the first time for years – as I guess I felt GR didn't hold relevance for an inner city dweller. But I picked it up, in my local library, on a whim – and am glad of it. One gets a sense of a cheery, thrifty, enterprising and hard-working network out there, and a community of exchange and care, particularly in the Feedback pages.

My life's so different – in a little flat upstairs in **INNER URBAN MELBOURNE**. Nonetheless, I wondered if any readers could help me. I'm particularly interested in food growing in a flat – can anyone suggest helpful books in that area? I have lettuces, silver beet and herbs in pots on my (limited sunshine) balcony, but would really like to grow more, and any inside especially.

Also **PETS IN FLATS?** I'd love to hear of other's successful experiences of animals in a flat environment. I'd love to have dogs, chooks, rabbits, goats – but it's totally unrealistic in this small, carpeted space.

Finally, and importantly (for me), I think **RAG RUG MAKING** will experience a boom, eventually, as a home hobby. I can find quite a few good and interesting books about this largely-American folkcraft, but I can't find any workshops, teachers, or courses in doing it (for company in the craft). I haven't taken it up yet, but very much would like to. Is there anyone else in Melbourne who has an active or incipient interest in rag rug making who would like to make contact?



**Laurel Jackson,**  
C/- 41 Valkstone St,  
EAST BENTLEIGH 3165.

## Dear Megg & Mary,

I notice that GR readers repeatedly write in to say, 'I dream of living in the country one day, but...' This gave me an idea. We have a 250 acre farm in a fabulous area, with comfortable accommodation, and other folk in this area are interested in working with us to offer a package to let city GR people see whether they'd really be **SUITED TO LIVING ON THE LAND**.

Things we could cover include such topics as living with a dunny, what animals would really suit you, elementary fencing, walking in the bush – really a host of topics drawn from our group experience.

What we need to know is whether readers think it's a good idea? Given some idea of whether people want it, and what sort of topics they are particularly interested in we can then proceed to design a helpful package, which we will advertise in GR.

We would appreciate feedback from readers on this idea.

**Felicity Murray,**  
1269 Boonah-Lake Moogerah Rd,  
BOONAH 4310.  
Ph: 07-5463-0222.



## Dear GR People,

Hello! I hope someone will be able to share a bit of their experience with us on a couple of issues. The first is **NETTING AN ORCHARD** and vegie garden. We have huge problems with the birds, partly due to lack of competition in the area. We plan to tackle this project this winter and would appreciate any suggestions or advice that readers might be kind enough to share.

The second query is, has anyone ever built a **CONCRETE DAM?** Our block is yellow sand and we had a hole dug which we lined with a reinforced plastic dam liner. As this will not last forever we are

looking for alternatives for the future. Sinking a metal tank is one option, but expensive. I have seen photos of concrete dams in Third World countries but have not been able to find any instructions for construction. Anyone able to help?

**Lindy & Les Alacs,**  
PO Box 33, Bullsbrook 6084.

## Dear GRs,

We'd like to offer free **SELF-CONTAINED ACCOMMODATION**, electricity and produce to anyone, any age, in exchange for a helping hand around the place, garden, animals etc. We're only 15 minutes to the city (Hobart) so you could hold a full-time job at the same time, but we will expect you pull your weight. Give us a ring on 03-6239-0024.

**Pam Gahan,**  
570 Collinsvale Rd, COLLINSVALE 7012.

## Dear Grass Roots,

I bought a copy of GR 125 a few days ago, and it has been just what I needed. I used to have a subscription and let that go a few years ago. I have read various copies from the library, but this is the first one I have bought for some time and I have enjoyed it so much I want a subscription again.

I really marvelled at Lucy Daugalis and her restored house. It shows we never do know what is in store for us. I would like to have **SOME SUPPORT** from others that may be in my position. I am turning 50 this year and am single now that my children have grown up and my baby is leaving for England soon. I have found that it is very hard for me to get a reasonable paying full-time job. Many employers appear to want to rip people like me off. So I'm working for myself as a massage therapist. I am fully trained and now I am also learning some beauty therapy, which I hope will give me a reasonable income without a nine to five commitment. I can choose the hours I want to work. I feel really nervous about making it on my own. I know there are other women out there who have had to face it alone, and I would like to hear some of the positive outcomes. Not necessarily in my line of business, but other women who are self-employed, maybe working from home, doing their own thing and living alone.

My sister and her hubby moved to a small coastal town in WA 12 months ago and are very happy. I am thinking about moving there also, but will be leaving my children and grandchildren behind. I want to have my own life now as I have spent 26 years looking after my family. Is there anyone else who has left her grown-up family and moved to a different town to pursue her own life? I am not very well off financially.



**Jacqui Davies,**  
24A Hamersley St, MIDLAND 6056.

## Dear GR Editor & Readers,

I have been wondering for some years now what has happened to **TONY BEVINGTON** an Englishman and his New Guinean wife and son? The last time I heard from Tony he was teaching in South Africa and he does read GR.

A lady I used to work with used to pop out of the woodwork every couple of years and we'd see each other, but she seems to have vanished, as I haven't heard from her for at least 10 years. June M, born Poole, in Queensland. She worked in nursing homes as an assistant nurse and was living in Sydney in the '70s and '80s. If anyone knows her, please tell her that I am trying to find her.

**Molly,**  
Lot 188 Hannamvale Rd, LORNE 2439.

Contributors and correspondents who want letters or articles returned are requested to include correct postage.

# FEEDBACK LINK-UP FEEDBACK

## Dear Grass Roots,

My parents and I have just invested in a 107 acre block near Braidwood, NSW, and were wondering if any readers could help us with information on **HOW TO MAKE TIPIS** with a storm chute, or a photocopy of the article in issue 14 on Tipi poles.

**Josie Hanna,  
5 Saywell Rd,  
MACQUARIE FIELDS 2564.**

## Dear GR Family,

Hi once again. I had a bit of laughter at the mention of my little budgie Mima in Gumnut Gossip GR 124 and her letter eating habits. I now have two budgies as I took in an orphan and they're the joy of my life and on many a morning my only reason for getting out of bed. I spend 16 hours of every day on a life-support machine and it really gets to me sometimes, but my little budgies have such a zest and joy for life that it's infectious and I'm soon happy again.

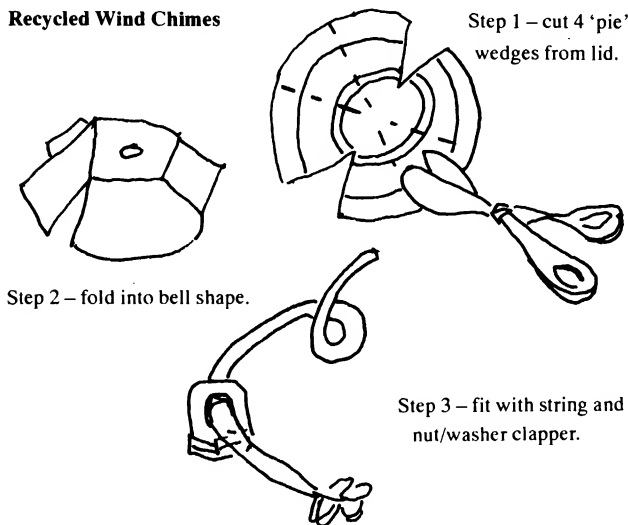
I thought you might like to know how to make **WIND CHIMES** from recycled tin lids. To begin, collect the lids from tin cans, different sizes will give a different tone, and cut out four thin pie-shaped pieces from each lid using wire cutters or tin snips. Fold the lids into the flat-sided shape as shown and fit each one with a string and nut or washer 'clapper'. You can then hang the chimes singly one above the other or in a mobile design of your own.

To fill in my time on my life-support machine I've got several hobbies I'm sure fellow GRs can help me with. I need **PHONECARDS** – any country; **POSTCARDS** new or old, but preferably old and used or unused; used **BUSINESS ENVELOPES** with genuine stamps on them not just postmarks.

Last but not least, I'd like to obtain **TAMARILLO** seeds or plants so I can grow them here where I live now. I wait in great anticipation of their arrival. Well that's all for the moment; just remember 'There is no strength where there has been no trouble'.

**Michele Dixon,  
43/136A Lindesay St, CAMPLBELLTOWN 2560.**

## Recycled Wind Chimes



## Dear GRs,

We'd like to offer free **SELF-CONTAINED ACCOMMODATION**, electricity and produce to anyone, any age, in exchange for a helping hand around the place, garden, animals etc. We're only 15 minutes to the city (Hobart) so you could hold a full-time job at the same time, but we will expect you pull your weight. Give us a ring on 03-6239-0024.

**Pam Gahan,  
570 Collinsvale Rd, COLLINSVALE 7012.**

## Dear Grass Roots Folk,

I write as one who like many others is trying to find the eternal compromise between dreams of a rural or semi-rural self-sufficient (well... mostly self-sufficient) existence, and the needs and expectations of a husband and children. It is starting to happen. We are in the process of buying a house on 1400 square metres in Campbelltown NSW (on the edge of Sydney). What probably seems small to many GR folk appears like a vast oasis to us, as we currently have only 340 square metres and a tiny house packed with two adults and four rapidly growing children/teenagers.

It is a comfort to find your magazine, and even more of a comfort to find that those dreaming and trying to make it work in the suburbs are welcome to the GR family. I must say that when I was looking at the mag in the newsagent, I thought that self-sufficiency was really not within my grasp and maybe *Grass Roots* wasn't what I was after. The articles looked interesting so I took the plunge and am really glad I did, for I read of kindred spirits, although our circumstances are different, along with our location. I'll be buying the magazine regularly from now on. Thank you for a wonderful publication.

**Sue Kozianski,  
23 Campbell Cl, MINTO NSW 2566.**

*Thank you Sue. Keep in touch and let us know how you get on with your large block at Campbelltown. Good luck.*

## Hello There,

I am searching for a friend with whom I've lost touch. **PETA MOXON** (with children Kieren, Emma and Ellen) and partner Anthony Clarke. Would love to hear from you guys. Peta was at the birth of my son (now one).

Now some tips that may help:

I **SAVE MY TOMATO SEEDS** the easy way by cutting them open and spreading the seed, pulp and all, thinly onto a piece of (recycled) paper and let dry. Next year I just tear off each individual seed and plant. It saves all that messy fermenting.

I grew **CITRONELLA GERANIUM** (pelargonium?) amongst my broccoli, cabbage and cauli (simply stuck in some cuttings) and had hardly any trouble with cabbage butterfly (unlike my neighbours).

I used an old spring bed base dug into the ground to **GROW BEANS** on this year. I filled the inner bit (amongst the springs) with cow manure which fed the crop. The yield was huge! (And I'm sick of beans.)

Now some quick requests: If anyone has any spare seed of the following I would appreciate it: wintergreen, lovage, juniper, marshmallow, olive, ungi fruit, medlar, different passion fruits and any unusual fruits and vegies. I will send some of my excess vegie seed in return.

Thank you GR for a great read and the inspiration to keep my dream alive regardless of the barriers.

**Justine Stokes,  
C/- 102 Tuppall St, TOCUMWAL, NSW 2714.**

## Dear GR,

Many thanks to Michele Dixon for the Pioneer Recipe **LEMON YEAST BREAD** (GR 123). For some time I have been concerned about the commercial dried yeast mix I've been using to bake bread. The yeast is produced by a large grain/flour producer and the ingredients and process of production are a mystery to those of us consumers who have learnt not to trust the monopoly food producers.

I tried Michele's recipe (in 1/4 quantities) with great success – what a difference from bread made from commercial yeasts 'with additives'! It was a pleasure to knead a loaf which felt like a loaf rather than a mass of dough to be persuaded into shape; good to be able to take another step towards self-sufficiency and organic eating by using lemons and biodynamic flour. Now, the next issue is how to sidestep the sugar companies. (I have yet to be convinced that bee-farming is a benign activity!)

**J Grevillea,  
PO Box 117, WANGI WANGI 2267.**

# FEEDBACK LINK-UP FEEDBACK

## Dear GR Readers,

I'm interested in growing oriental medicinal mushrooms such as Reishi, Shitake, Mo-er and Turkey Tails, however have no idea how to go about this. I believe that to **GROW MUSHROOMS** you need to obtain spores. If anyone has grown these mushrooms or can provide information, could you please write to GR about this.

Also, does anyone make their own **TAHINI**? Apparently, the Champion juicer is not suitable for this. I know someone who has made it in a blender and states that whilst it was good it was not as fine as the product you buy in the shops.

John Danecki,  
COOCHIEMUDLO ISLAND 4184.

*GR86 had an article about growing mushrooms, with a contact address for mushroom spore.*

## Dear GR Folks,

I read with horror that someone mentioned using **PETROLEUM JELLY** as a base for homemade skin products in GR 125. While I think that making your own is a great idea, you must be very careful of the ingredients as your product would then be no better than the commercial ones. Even so-called organic products, soap, shampoos, deodorants are full of nasty petrochemicals. Check the labels folks. They usually contain vitamin E or aloe vera to sell the product plus a soup of chemicals. Grab a copy of Hulda Clark's, *Cure For All Diseases* and you will see what I mean.

Thanks to the people who have got in touch since my last letter. I'm sure we can create a lovely network of earthy friends in this area. I have valuable information on natural progesterone and oxygen therapies that I would like to share. So don't hesitate to give me a call on 07-4156-1642 if you would like to make new friends or just have a chat. Also interested in organic growing and permaculture.

Lynette Dennis,  
8 Invicta Rd, AVONDALE 4672.

## Dear GR,

To Jan Leonard (GR 125), regarding your **PROBLEM WITH CATS**. I've not tried it but have been informed it is quite effective. Cut squares of stickytape and place them, sticky side up, in your garden. Cut strips of double-sided sticky tape and hang from bent wires – with stickytape on their paws and fur, the cats hopefully will soon find other digging areas.

An even more drastic remedy is the glue paper used by pest controllers – used for rat control for rats too wise to take baits. If trodden on, it is strong enough to immobilise rats. Could you imagine having unmovable stickytape in your hair, and on your feet? It would be very bothersome for cats, but doesn't really hurt them.

They probably belong to someone who kindly releases them at night. Good luck.

Kel Connell,  
61 Tarean St, KARUAH 2324.



## Dear GR and Roberino,

Thanks for the great tips on recycling. I wonder if you could help me find some way of **RECYCLING** our used soy milk containers and toothpaste tubes. The soy milk containers are Vitasoy, one litre size.

I would also be very happy to hear from anyone who has some good ideas about getting rid of **CAT'S CLAW**. Our suburban yard backs onto bushland infested with the stuff. (Unfortunately it is not the Peruvian variety which is very good for your immunity.)

Kathy Leong,  
18 Kitching St, CHAPEL HILL 4069.

## Hi Team,

In GR 125, Anne Hanley wrote about the **ALCOHOL COMPONENT IN KOMBUCHA TEA**, and I feel the need to comment on this. Certainly, there are yeasts in the community of a kombucha brew, and they do produce alcohol, but there are also vinegar bacteria

working alongside them, which use the alcohol to produce vinegar – the most active ingredient of the brew. This means that by the time it gets into a drinking vessel, there is most likely no alcohol in the brew at all. Kombucha is good stuff for correcting quite a lot of bodily irregularities caused by a 20th century diet, but please don't do what some people on the Internet seem to do and give it cure-all, or almost super-natural properties. It's good, but it's not that good. All things in moderation – including alcohol!

John Day,  
PO Box 302, MACCLESFIELD 5153.

## Dear Megg and Co,

It has been a long time since I have written to GR and I'm glad to be back in touch again. This time I hope I can be of help to some of your readers. In GR 125 you had two letters from readers with skin complaints. One with **PSORIASIS** and one with **CIRRHOISIS**.

I do not know of cirrhosis being a skin complaint but a liver condition, but your reader has a skin condition regardless and maybe the same cream that helps psoriasis will help cirrhosis as well. First one has to go to a vet (don't laugh, yes a vet), then ask for a cream called **DERI-SAL**. It is for skin conditions on cows' udders and works very, very well on human skin. A friend had psoriasis so bad it would bleed and he has cured himself, after years of human-type creams, with Deri-sal, and our vet sells it more for humans than cows, even though this is a big dairying area. Anything is worth a try and I hope this information will be of some help to readers with these problems.

Judy Clark,  
The Wheelwright Shop,  
COBARGO 2550.

## Dear GR Team & Fellow Readers,

I see quite often people asking for **CHEESE RECIPES** and probably a lot of others have helped these people. A couple of weeks ago I was looking through our local library and came across two very good books on the subject. One's American, but is quite easy to understand: *Making Cheese And Butter*, by Phyllis Hobson, printed by Garden Way Publishing, School House Rd, Pownal, VT 05261 USA, printed in 1983. And an Australian book, *Making Your Own Cheese And Other Dairy Products*, by Margaret Barca, printed by Thomas Nelson Australia P/L, 19-39 Jeffcott St, West Melbourne 3003.

Both are very easy to read and understand and cover everything in cheese, butter and cream products that is needed.

Robyne Neal,  
22 Cygnet Crt, VICTOR HARBOUR 5211.

## Hi Everyone,

I'm in need of help with a couple of things. Firstly, I'm chasing info on **WATER PURIFIERS** – which brand, type, or service is the best in terms of quality, price, purity of water. Are they worthwhile at all? We're on town water and we all drink heaps of it which is supposed to be good, right? What about all of the chemicals we're swallowing down with it?

Also, with living in the tropics, I could really use hints for a **HERBAL CURE FOR HEAT RASH** – particularly fungal types.

I'm having trouble locating seeds/cuttings of comfrey locally and would appreciate a hand with that. Lastly, does anyone have a recipe for **HUMMINGBIRD CAKE**?

*Grass Roots* has restored my faith in people's ability to care – not just for the earth, but for each other – so thanks to all of you out there who take the time to show it.

Marni H,  
4 Esk St, ROWES BAY 4810.



## Dear GR,

What ideas has anyone got for preparing or what to do with **OLIVES** to preserve them.

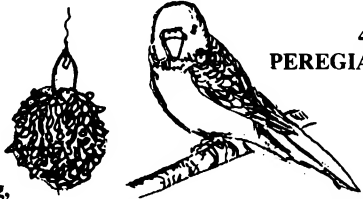
Len Mate,  
The Strip, LIMBRI 2352.



# FEEDBACK LINK-UP FEEDBACK

Dear Readers,

My husband suffers badly with **ELECTROMAGNETIC STRESS**. Is there anybody who can help with instructions on how to build a 'Faraday cage'? Has anybody found an ideal spot to live free of microwave and radar in NSW or Queensland? Also, if you have little or no TV reception we would love to hear from you.



Val Skyes,  
44 Cormorant Cr,  
PEREGIAN BEACH 4573.

Dear Megg,

In GR 125, Mrs A Elson of Thornside requested recipes for **BIRD SEED BALLS** as seen in pet shops and supermarkets. The following four recipes may be of help. I cannot claim credit as they have been passed on to me. 1) Make a smooth paste with two tablespoons plain flour and four tablespoons cold water. Then mix in 1 cup bird seed. Put onto a piece of greased foil and shape into a ball (or two smaller ones) with a wire holder in the centre. Allow to set. 2) For every two egg whites mix with one cup of bird seed. Place on foil with a wire holder in the centre. Bake in a slow oven for one hour. Allow to cool. 3) Mix together in a warm pan the following in equal parts (by volume): bran, dripping, honey and crose meal (ground dried peas obtainable from health food shops). Insert a screw-eye hook in the butt end of a dry pine cone and attach a loop of cord to the pine cone. Push the still-warm bird porridge into the gaps between the segments until the whole pine cone is like a pineapple. Chill in the fridge to firm the paste. Then hang out for the birds. 4) As per recipe no 3, however, substitute bird seed in place of the crose meal.

I have tried all four recipes with success and use them regularly.

Lyn Grimes,  
'Jindawarra', M/S 322, GAYNDAH 4625.

Dear GR,

I am hoping you will be able to assist me with some information that I am seeking. I have a **BORE** that I was hoping would be a great investment but the details that have come from testing show there is a **SALT PROBLEM**. I was wondering if there is anything that is out in the market to somehow filter it, or some other system that anyone has found to alleviate the problem. It seems as though if you water seedlings or leaves or stone fruit it causes problems.

The other enquiry is not directly for me but for other bores in the area which have a mineral content which needs filtering, so any information on that would be greatly appreciated.

Kaye Wolfe,  
'Nimbyski', RMD 1169,  
Tantaus Rd, DEREEL 3352.



Dear GRs,

**WATER SAVINGS** and economics are rarely given much time by the bureaucrats charged with water conservation duties. In fact more water usage is encouraged by the bean counting folk and of course the rates always manage to go up, never down. Nothing new here – even in Egypt thousands of years ago the pharaohs charged the farmers, on the banks of the Nile, by how many cubic cubits of Nile water they used. Guess what? The bureaucrats of those times thought up the shonky idea of reducing the volume of a cubic cubit when there was a public outcry against the constantly rising rates. Sound familiar?

As even school children know, it is evaporation which is the greatest waste of low density liquids whether it be petrol, water etc. So

why isn't more effort brought to bear on this huge loss? You have to ask just where their priorities are.

Some people think that a cubit\* is a volume measure but it is a linear unit based on the length of the forearm and averages at half a metre. (\*from latin *Cubitus* = elbow.)

Roberino,  
Lot 4, ARRAWARRA BEACH 2456.

Dear Megg & Crew,

What can you say – how do you express **25 YEARS OF 'THANKS'** in one small letter? Thanks for your magazine – it was my lifeline when I was stuck in the big smoke – to my man it was identification of like minds. But, the biggest thanks is for bringing two disabled grey powers together through your Contacts column – May '94. Two half-functioning bodies make one whole, and together we manage most things and are so totally in tune. So you can see we owe you and your crew gratitude and thanks. Ours is a truly happy-ever-after tale. We are **TO BE MARRIED** on 17th May 1998.

Help: if anybody has a copy of *Lighthearted Winemaking*, by Duncan Gillespie, or other pre-1980 winemaking books we can beg, borrow, steal or buy, we would be most grateful.

May *Grass Roots* continue on for the next 25 years just as successfully.

Lesley Edwards & John Ardson,  
PO Box 341, LAKE BOGA 3584.

Dear Grass Roots,

Thank you for providing such a dynamic exchange of ideas and info. Your support is unique!

I was recently shaken after having read *Our Stolen Future* (Theo Colburn, 1996), a disturbing but absolute must-read that illustrates the problems we face from the **BREAKDOWN OF PETROCHEMICALS AND PLASTICS** in our air, water, soil and body. A clear picture has emerged to explain the growing incidence of cancer and sterility in animals and humans alike.

At first dumbfounded, I then embarked on a search for hope, and for practical means to overcome these toxic effects. My research has led me to collating much information on effective detoxification of the soil, water and our body. A follow-on from this was coming across nondrug treatments for **ADD/ADHD** (common in the males in my family), chronic fatigue, cancer and other illnesses that have had remarkable results in highly affected areas overseas.

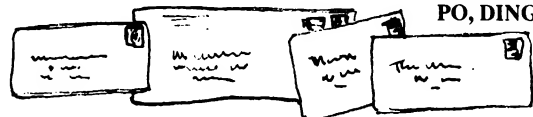
The long list of 'incurable' and degenerative diseases that are being turned around by simple, organic substances is exciting. I would love to hear from anyone closer to home who has had positive results from nondrug alternatives, or anyone who would like to receive, share or exchange info on detoxification, nondrug treatments and the wonderful eye opening book *Our Stolen Future*. From one who wants our future *back*!

Kirsten Lyall,  
59 Bentley St, MORNINGSIDA 4170.  
Ph: 07-3399-7984.

Dear Grass Roots,

I do enjoy all the articles in your GR. I'd like to ask if any readers know anything of a health complaint called **CARPAL TUNNEL**. I have a cousin who has it in his right hand. To me it seems a rare complaint, perhaps a reader may have had it and found a cure. Also, I have a niece who always has a white fluffy tongue. I have heard when it's very red it's a sign of diabetes, but hers is white. Perhaps a reader knows the answer. I love all your Feedback letters – keep them up, they all help to make great reading.

Helen Kelynack,  
PO, DINGEE 3571.



# FEEDBACK LINK-UP FEEDBACK

## Grass Roots Family,

An old natural healing book of mine says that **BAKING POWDER** should not be used in food because aluminium compounds are used extensively with phosphates in the manufacture of it, thus making it poisonous to the body. Is this still the case today? Has this topic ever arisen in GR before? If not, maybe an article, or at least some info/opinions would be very welcome. I've eliminated it completely until I know for sure. Problem is, I have heaps of great recipes that contain baking powder. Are there alternatives?

Marni H,  
4 Esk St, ROWES BAY 4810.

## Dear GR Staff & Readers,

An immense thank you GR for a great magazine and for the opportunity it has given me to slowly get back into life and people. To keep my story short, I'll just say that I **SUFFERED A BURN-OUT** in early 1992, a few weeks after my 40th birthday. Two years later, severe symptoms of an early menopause were clearly evident. Eventually, I found natural healing the best for me and in time discovered what best suited my very delicate system. Looking back now, most of the work was done within where the answers also came from. In early 1997, light at the end of a very long and dark tunnel. What a very welcomed relief! With this New Year, 1998, came acceptance of my many limitations, followed by *peace*. How sweet the sound! For that and more I thank God profoundly. Once again, GR thank you for being there and acting as a bridge which enabled me to walk across to a much better place. Anyone wishing to write, I'd love to hear from you. I will reply to all letters.

Aline Michele Wyporski,  
4/34 Westacott St, NUNDAH 4012.

## Dear Editors,

A group of friends and I are interested in using **ROTARY ENGINES** fuelled by **ETHANOL**. The engine side has been pretty well covered, but finding out about ethanol production in our state is rather difficult. We realise that the techniques are relatively simple to produce ethanol. Probably using wheat or pine (plantation waste).

In the event of someone contacting you who has started ethanol production and wishes to start in this field I would be very grateful if you would pass my address etc on.

P H C Lushington,  
56 Suzanne Ave,  
MORPHETT VALE 5162.

## Hello Megg & Co,

Thank you for a great magazine, each issue is read from cover to cover and enjoyed in our household. Any readers wanting the following **SEEDS**, send stamped self-addressed envelope, plus type of seed wanted: poor man bean seeds, scarlet runner bean seeds, and Welsh onion seeds (these are sometimes known as Japanese bunching onions, and are easy to grow, they multiply).

Val Hill,  
PO Box 17, MATHOURA 2710.

## Dear Grass Roots,

I am a believer in **NATURAL HOMEBIRTH** and would love to hear from women who are pregnant or have had babies delivered by midwives or unlicensed attendants.

Narelle Dull,  
'Marloo', COLLY BLUE 2343.

## Dear Grassrooters,

I'm hooked! My husband and I have been dreaming of having our own place, where we can live a self-sufficient lifestyle for many years now, and we have been working towards that goal for some time. We are so excited because that time is coming soon, as we have bought a **SMALL ACREAGE IN NORTHERN NSW** in the crater of Mt Warning. We've been busy getting our present place in the Adelaide Hills ready for sale, and as soon as we have a contract, we'll be moving up to our little paradise. It really has been a rewarding ex-

perience working towards this goal, as well as learning about all things alternative!

A few months ago I was speaking to someone who lives near where we are going to live and she mentioned *Grass Roots*. I said 'What is that?' And she said 'You mean you haven't heard of *Grass Roots*!' So I promptly went out and bought a copy. I just love it, as it is not only informative, but it confirms all the ideals we have been thinking about and working towards for such a long time. Keep up the good work - I'll look forward to getting my next issue with my enclosed subscription.

Heather Kimber,  
DAWESLEY, SA 5252.

## Dear GR Readers,

Since my letter about survival shelters in GR 125, I have done nothing else but open mail. It is very clear that people are concerned, especially now with the Middle-East looming up again.

There are buried caravans, old buses and water tanks all over Oz. I'm only sorry I cannot reply to you all, but keep writing in. You are entered in my address book and I'll be in touch. There are two things that I would like to bring to notice. One is that naked flame and car batteries are a no no. Two candles, kero lamps (any flame) will burn up your oxygen. Change to chemical lights and for a torch get a dynamo torch.

Now back to my problems. I'm having trouble finding a company that makes **AIR FILTERS** suitable for air vents. Also a supplier of 12 volt motors and appliances.

For those many concerned that we should keep our shelter secret, our PO Box is a long way from home. It is advisable that you should keep a strict check on time - (eastern standard). Keep two or three timepieces so you are sure what time it is. Should a 'something' happen, radio contacts would be attempted for ten minutes on every even hour to conserve battery power, on VHF, UHF, CB.

John & Evelyn,  
PO Box 98, GAYNDAH 4625.

## Dear GR Readers,

Just a word of warning on putting bricks in your fish pond. **KEEPING POND FISH**, GR 125. I did this and over about a year the calcium had leached out and sent the pH level sky high, so I lost all my seven year old fish. So just be careful what you put in your ponds. Fantastic magazine! Well done to all involved.

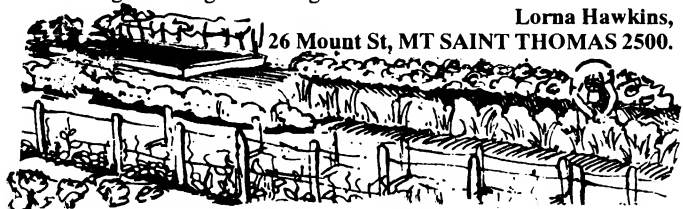
Alison Melvin,  
13 North Terrace, BOULDER, WA 6432.

## Dear GR Readers & Staff,

I would like to thank the staff for your very prompt reply to let me know you had received my first letter. I think I am **FAIRLY SELF-SUFFICIENT** as I grow nearly all my own vegies, I recycle all my washing, rinsing and bath or shower water, bottles, cardboard and paper. I also have a few chooks so I have my own eggs plus chook manure for garden and liquid manure.

I have a bay leaf tree plus lavender, chives, basil, basil mint, mint, parsley, sage, pineapple sage, oregano, marjoram, lemon balm, apple mint, rosemary and borage. I planted sugar leaf cabbage, broccoli and spinach near borage and no white butterflies. They only went on the borage and no grubs on vegies.

Lorna Hawkins,  
26 Mount St, MT SAINT THOMAS 2500.



Please keep letters brief, clearly written and relevant to self-sufficiency topics. Letters pushing barrows (religious, political or other) will not be published.

# FEEDBACK LINK-UP FEEDBACK

## G'day Everyone,

Well after nearly 25 years of buying/borrowing/subscribing/dreaming about 'it' (ie getting back to the grassroots) – we have done it!

We have been on our block for one year now and are being processed by mother nature. Our dream has been realised, but oh what a year – dry, a cold/dry winter and basically a failed spring. But it is great to be **ON OUR OWN PATCH**. I started the dream with GR 32 and do have a few missing issues. Are numbers 0 - 32 available and also a few missing ones in between?

Thanks for a great magazine and I've met many people through the Feedback pages (the shining star in the galaxy of information in GR).

**George Benedylia & Jenny McKinnon,  
97 George St, JUNEE 2663.**



## Dear Readers,

I am thinking of going in for **RABBITS**. Can anyone give me information on all aspects of keeping rabbits and integrating them into a garden/farm situation.



**Robyn P,  
'Namagium',  
Cnr Emmaville/Nottingham Park Rds,  
ASHFORD 2361. Ph: 067-254-488 AH.**

## Dear Grass Roots Folk,

Many thanks for the wonderful **LIFESTYLE AWARD** I won recently. I was thrilled, but also a little dumbstruck. I have no idea who nominated me in the first place (my wife says she didn't) and then to think that people voted for me is amazing. On a recent trip to Melbourne, Eveline and I had a very satisfying couple of hours in the Going Solar shop, spending our prize. The shop is well worth a visit.

I would like to request an article in GR as soon as possible dealing with the feeding of hens in a more natural way. As the cost of feed creeps up, and the ingredients become more suspect, I would like to get away from the commercial feeds as much as possible. An old English book I read recently talked about good grasses for hens to graze, but I would like to know what grasses readily available here would be best. I have seen two articles in old issues of GR, but I need more specific and up-to-date information if you can help.

We love reading *Grass Roots* and devour it immediately after it arrives.

**Athol Walter,  
Lot 51 Limeburners Creek Rd,  
CLARENCE TOWN, NSW 2321.**

## Dear Editors,

We plan to relocate to the **NORTHERN NEW SOUTH WALES** area at the completion of this school year (around November 1998) and wonder if any readers would be able to assist with the purchase of a suitable property. I will be working in Lismore and one of my sons will be attending Wollongbar College of TAFE and therefore we would like a property no more than 25 minutes drive from there in a northerly or easterly direction only. We are looking at Rosebank, Dunoon, McCleans Ridges, Durroughby and The Channon and would like around 20 acres plus (if possible), with a farmhouse (need not be in a state of good repair as we have renovated before), and possibly a studio or separate accommodation on the land as well. We plan to run chooks and grow our own vegetables and fruit and, in time, farm the land commercially when we gain more experience and knowledge. Price up to \$250,000 tops. Any readers who think their property, which is for sale, may be what we are looking for please write.

**Kathleen Joyce,  
14 Palona Pl, ASHMORE 4214.**

## Dear Grass Roots,

Thanks for your inspirational magazine. Reading it led to a strong interest in natural remedies and natural living, which last year brought me to visit a naturopath. My recovery from a severe flare-up of **CROHN'S DISEASE**, through my naturopath's guidance, was nothing short of miraculous. I am now free of all drugs and am in good health.

My diet was changed quite considerably; at first a bowel-resting diet was needed for a week, then other fresh, fibrous foods were slowly added. It was discovered that I have allergies to wheat and dairy products, which aggravated the condition. There are foods which are bowel irritants, and therefore should be avoided, especially during a flare-up: animal fat, (except for fish oil, which is very good), gluten, tomatoes, capsicum, egg plant, tobacco, alcohol, caffeine and artificial additives. Food and supplements which are very helpful are: cod-liver oil, linseed oil, slippery elm bark powder (1/2 - 1 tsp in millet porridge) acidophilus (bifidus), and vitamin C (sodium ascorbate). I was also prescribed vitamins and minerals, herbal mixture, cell salts and flower essence to aid in my body's recovery.

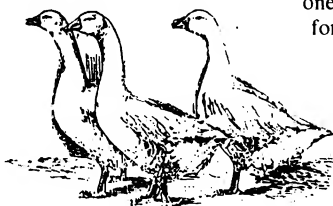
I have written to the Crohn's disease association, but so far they haven't published my letter. I wonder if this is because they don't want me to raise (what they think are) false hopes? I urge anyone with Crohn's disease to visit a naturopath as the remedies and diet that I use won't be the same for everyone. Even if a 'cure' doesn't eventuate, the condition will improve so much, and harmful drugs can be reduced/stopped. I would also love to hear from anyone who has had similar success with naturopathy, in treating medically 'incurable' disease.

**Genevieve Barker,  
835 Main Rd, ARTHURS CREEK 3099.**

## Dear GR Readers,

Yet again, what a response. I had too many once again. There is always someone so that if you want to know something you get results. Thanks to all the kind readers I received so many letters from. You have been very helpful.

Once again, I ask for help. I have started to breed **GEESE AND TURKEYS** and now would like to know how do you sex them? No one I talk to can help me out. Hoping for help please.



**Maureen Schmidt,  
PO Box 50, YARWUN 4694.**

*With adult birds, sexing can be quite simple. Sit down near the flock and listen closely to their 'discussion'. With practice, you should be able to distinguish two sounds, a deep, low mumble and a higher, sharper tone. The male emits the high sounds, which can even be reminiscent of a squeal at times, while the female emits the low, deep, 'bullfrog' noises. As it is not unknown for same-sex pair to form, the voice guide is invaluable. Refer also to GR 115, pg 35 for diagrams of the reproductive organs.*

## Dear People at GR,

I am hoping that you may be able to help me. Reading through earlier GRs I noticed several **GOOD PUBLICATIONS**. Would you know if any of these are still available? *Smallalternatives Books, Making The Most Of It*, Theodora Fitzgibbon; any Marjory Bligh household books; *Householders Compendium*, John Meredith.

I am a member of the St Vincent de Paul Society and for the past nine years have managed our op shop and centre. Three years ago we built a new complex which is light and airy and so much more pleasant for people to shop and spend time in. Our aim is to help those in need and as our town has a high percentage of people on benefits I am always on the lookout for ways to help. Hoping you will be able to suggest some helpful publications.

**Marion Bourke,  
105 Alma Rd, Wanganui, NEW ZEALAND.**

# FEEDBACK LINK-UP FEEDBACK

**Dear Readers,**

About a year ago, I bought a couple of donkeys for my small hobby farm here near Geelong and now I'm hooked! I now collect **DONKEY MEMORABILIA** as well and would greatly appreciate communicating with anyone out there who may have any donkey ornaments they wish to part with. Please write or phone on 03-5250-3640.



**Lynn Connors-Southall,  
110 Como Rd, LEOPOLD 3224.**

**Dear GR,**

I'm interested in making **KOMBUCHA TEA**, but am unsure how to start a batch. I have been told that you can't start a batch from the bottled version any more as it is sterilised now. My local health food shop was not able to help. Could anyone give any suggestions? I'm also looking for a natural way of helping in both ADD (Attention Deficit Disorder) and epilepsy. I hate to think what the medications available do to growing bodies. Any chance of some school lunch suggestions, with school starting back?

Lastly, I was hoping for some recipes for the following: wheat-free bread, soap, a facial cleanser, shampoo and a good conditioner. All members of our household have long hair and mine is long enough to sit on, so we need a good, cheap alternative! I hope someone may be able to give me some ideas on these questions.

We just love your magazine, it inspires us to try new ideas, we are renting on a big block and have a great vegie garden growing, recycle our grey water, and have chooks. We'd love to be totally self-sufficient one day. It's a great feeling when everything on the dinner table is from your own garden and homemade, from homemade bread to vegie quiche and salad. We could do so much more and it's exciting to read GR and get the inspiration and ideas. Thanks for a wonderful magazine. Have enclosed my subscription so I am sure to get each one!

**E & T Maher-Brooks,  
C/- 571 Pacific Hwy, MT COLAH 2079.**

*See last issue for lunch box suggestions. All the recipes you are after will have been in previous issues. Why not send for a free back copies list? See the last page of this issue for details.*

**Dear GR,**

Our new **MAGAZINE, Community Interlink**, was born to hear and respond to the need for expression by Australians on a myriad of subjects of community interest without preferential, materialistic or political attention. With the basic aim of sharing information, ideas, environments and fun, common ground can be found and enjoyed. More unity, less isolation and frustration, leading, hopefully, to beneficial expansion arising from the pooling of life's experiences and meaningful discussion. Interested readers please contact me for details.

**G Constine - for Community Interlink,  
PO Box 209, NIMBIN 2480. Ph: 02-6689-1184.**

**Dear GRs,**

My family and I will be relocating to the Southern Riverina or as far as **SHEPPARTON** and will consider other areas around there also after we sell our house and three acres. I've always liked gardening and animals. And am interested in other people's ideas and views. This is why I've been reading *Grass Roots* for many years now. If there is anyone out there wishing to give a pensioner a go at caretaking etc I will appreciate it very much and do my best.

**N Ross,  
172 Caswell St, PEAK HILL 2869.**

**Dear GRs,**

Can anyone help me locate a supply of a very useful product? It is called **'THE CLOTHES PEG'**, promoted as 'the most efficient new clothes peg in the world' and had a red and blue package label with yellow and white writing. Made in New Zealand for and distributed

by L & H P/L, Melbourne.

**Kerry Anne,  
'Swan Cottage', 68 Dora St,  
DORA CREEK 2264.**

**Dear GR Readers,**

I am hoping some of you can give me contacts and addresses for **ALTERNATIVE SCHOOLS** in Queensland. We currently live in central Queensland. Thanks to a great magazine and like-minded people. Looking forward to hearing from you.

**Mrs L Wood,  
MS 2293, 45 Jakeman Dr, AGNES WATER 4677.**



**Dear Grass Roots,**

Plagued by **MOSQUITOES** and wondering how they get into the house? Some follow you in the door, some hitch a ride on your clothes - they are attracted by movement. At night the attraction is your body heat, plus your exhaled breath. And they seem to know the difference between normal breathing and the deeper breathing of sleep. Sometimes I try to fake it and entice them down to slapping distance by deeper breathing. So often the deeper breathing induces sleep and I wake up with a stinging itch. Relaxed skin is easier to pierce. I wonder also if they dislike cholesterol and some blood types.

Experiments indicate that most mosquitoes prefer pigs, and humans are an alternative choice if pigs are not available. Maybe they like bacon flavoured blood or they avoid some human flavours? When in Ghana, West Africa, my daughter was paranoid about mozzies. She swears she saw a mosquito land on the mosquito-proof wire screen, fold its wings back and crawl through the wire. Painting the screen with olive oil seemed to deter this (they don't like oil on their wings). Perhaps adding kerosene or citronella to the oil may be an extra deterrent.

The mesh of the cotton-type mozzie bed nets seems to be finer and more mozzie-proof, but they need to be adequately tucked in, the little blighters will search diligently for an opening.

The old-fashioned window boxes full of marigolds may help deter; plastic ones don't work. A fellow who I thought was a friend gave me a semi-feral pup, untrainable and stupid. It spent lots of time in the wild, sometimes returning covered in parasites, it would head straight for my marigold garden and roll among the flowers - not so stupid after all. That dog knew about pyrethrum fumes.

My mum used kerosene - it has an oil base so it clings and nothing lives in kero. She used to give me kerosene and sugar for a sore throat, and as she shoved it down my throat would be trying to convince me it was good for me. How can anything that kills mosquitoes be good for me? Ironically, my mum was the only one in our family that got itchy sores for weeks after a mosquito bite.

**Kel Connell,  
61 Tarean St, KARUAH 2324.**

**Dear Grass Roots People,**

I wonder if any readers can help? We have **STONE PINE CONES** shedding many seeds - but - the problem is a way to remove the hard skin covering the kernels and not end up with crushed nuts! Or taking ages to chip it off. I am very fond of pine kernels and look with envy at the nice clean-skinned ones in the supermarket, but so far the price has convinced me I must persist with my homegrown ones. I hope someone has the secret and will share it.

**Elma Pottinger,  
Box 130, PEMBERTON 6260.**



# FEEDBACK LINK-UP FEEDBACK

**Dear Grass Roots,**

I desperately need to find a way to produce vegetable and **WHEAT GRASS JUICE** without using electricity. Is there a battery operated juicer available (not just for citrus), or does anyone know of a more satisfactory hand product than the Propert? I would be most grateful for any help.

**Jay Cooke,  
PO Box 633, GYMPIE 4570.**

**Dear GR,**

I don't know what I was thinking when I wrote that item about **WOODEN ICE-CREAM PADDLES**, GR 126 pages 55 & 56. Last para page 55 is incorrect – it should read: 11 1/2 cms, not 1 1/2. First para page 56 should read: 'slip a sleeve (made from the cap of an old felt pen) over the wire, leg facing upwards, and drop your wind vane over it. Make sure the bottle revolves freely etc etc.'

I don't know how the 'long nail' bit got into it and I can't see it will work using it; too much leverage on the small felt pen cap. Sorry.

**Roberino,  
Lot 4, ARRAWARRA BEACH 2456.**

**Dear Grass Roots,**

Having recently moved away from our small but bountiful flat garden to a steep bush block with only tank water, we are trying to make a go of planting just the essentials in pots around the verandah. Our house also has an **ENVIROCYCLE** system which converts all waste water through a filter to 'pure' water which automatically gets sprayed on certain parts of the garden. We're unsure about whether this water is safe to use on vegies, and what trace elements are still left in the water. Does anyone have any experience with this system?

I am five months pregnant with our first child and would love some easy knitting patterns for newborns. I'd like to correspond with any other mothers-to-be or women who have had positive, natural childbirth experiences – both in and out of the hospital.

**Amanda Tarlau,  
Lot 3 Wisemans Ferry Rd, GUNDERMAN 2775.**

**Dear Earth Folk,**

My partner and I (both 51) are planning to move to the **MACKAY AREA** but have little local knowledge. Anyone in the area who can help please? We both love the land, are avid permaculturists, hold design certificates and are active in our local permaculture group. We would be looking for land and house in chemical-free area as we are both chemical sensitive. Please let us know the most desirable areas, approximate costs of properties plus areas to avoid. We would also consider a small, harmonious community focused on organics, permaculture or biodynamics. We are planning to visit the area soon, does anyone have short/long-term accommodation for rent or exchange labour? We can also house sit and can supply references. Bless you for any help given.

**Tara Andre,  
162 Duke Rd, DOONAN 4562.  
Ph: 075-449-1186.**

**Dear GR,**

Thank you for your wonderful magazine. I am one of your most avid fans and would never miss an issue. I feel very close to a lot of readers and I feel proud such a lot of Grassrooters find their dreams. Living and enjoying a healthy environment and lifestyle is so important. Your publication is so very helpful and worthwhile to so many.

I am single, 49, and have been trying to find a simpler lifestyle and to change direction, but it's not been an easy path. My health lately has been of concern too, with the discovery of a tumour. My current need is to **RENT A COTTAGE**, preferably in a rural/bush environment in the hills area of Perth, or I would consider the south-west of WA. I need somewhere that would be conducive to resting and healing, living organically, having a small pet, and generally renewing my spirit. I am not in a position to pay a lot of rent, but I will be a reliable and very worthwhile tenant. House-sitting is also an option, and I am open to sharing, perhaps with a like-minded GR lady. Penfriends also very welcome.

**Lyn Anderson,**

**97 Orange Valley Rd, KALAMUNDA 6076.**

**Dear GR,**

We live in the city, sometimes it drives me mad, but GR is my saviour! I can forget my problems and dream of when we will escape to the country, meanwhile we try to **RECYCLE EVERYTHING** and encourage others to do so too! Could anyone help with two problems: gout in the big toe, and a burning pain which can last for hours – similar to indigestion, especially after eating onions etc. Any information would be much appreciated.



**Cindi,  
44 College St, BALMAIN 2041.**

**Dear GR,**

I am writing in response to various letters published in GR 125. Many years ago my wife and I met a couple who gave us tea but drank only water themselves, and who told us they were on the **GRAPE CURE**. I subsequently read a book by a South African called Shackleton (I think) who had cured himself of a growth on his kidney caused by bilharzia (a tropical disease) after having lost one kidney. Subsequently, I read a book by the original discoverer of the grape phenomenon, a German doctor. Years later I met a man who was on dialysis, who tried the grape cure and passed water for the first time in years.

The theory is that grapes contain exactly the correct balance of vitamins, proteins, minerals and sugars that the human body requires, and no more. By eating only grapes, the body progressively rejects all foreign matter including excess fat, stored toxins and foreign cells (ie diseases). The only negative side effects are a reduced energy level and a headache during the early stages, the intensity of which is directly proportional to the toxin level of the individual.

I have tried it, and lasted 14 days. I ate very plain foods for a week prior to starting the cleansing process. I am reasonably healthy and did not suffer a bad headache. I lost excess weight. I felt exceptionally well afterwards. Whether or not it would cure cancer is the big question. I know nothing about cataracts, or chronic fatigue syndrome or cirrhosis of the skin. I only know that if I ever suffer from any of those I will try the grapes.

There will be those who reject this idea, just as there are those who will not believe that half the asthma cases in Australia could be cured by simply eliminating lactose from the diet (I know, because I did).

I hope some readers benefit from this information.

**Will Hepburn,  
51 Woodbine Rd, PICKERING BROOK 6057.**

**Dear Grass Roots,**

Thankyou for your inspiring articles. My partner and I are heading north from Tassie in July, visiting Vic, NSW, Qld and SA (and Alice Springs). We plan to WWOOF along the way and would love to hear from any readers who need a hand in exchange for board and inspiration. We're 33 and 34, primary school teachers and are interested in **GETTING OUR HANDS DIRTY**, learning more about horticulture, living simply and sharing. We enjoy the company of children and admire people who have had the courage and conviction to escape the rat race (or strive for an alternative within it). Our mail will be forwarded from this address.

**Margie & Brian Liston,  
C/- 146 Wardell Rd, EARLWOOD 2206.**

Readers should be aware that it is illegal to promote or be involved in 'pyramid' type chain letter schemes which claim massive incomes from a modest outlay. The maximum penalty under the Fair Trading Act is \$10,000. If you have been bothered by such letters contact the Office of Fair Trading, otherwise light the fire with them.

# CRYPTIC GRASSWORD

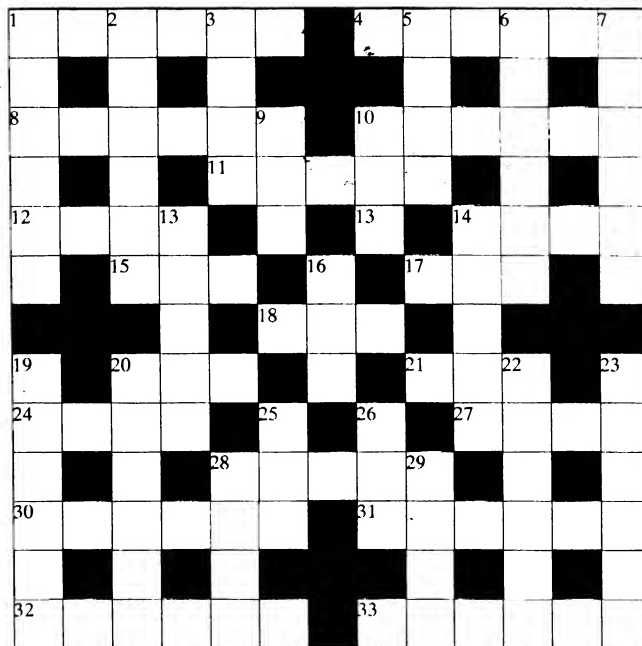
by M Riley, Tanjil South, Vic.

## ACROSS:

1. Putting you in dress under pressure. (6)
4. Run out of prints. (6)
8. Mean to meet the deadline, maybe. (6)
10. Can tell one is at his peak. (6)
11. Object to tip. (5)
12. Listens in tears. (4)
14. Paddy produced popular diet for many. (4)
15. Observe a gent. (3)
17. Muscular contraction found in sticks. (3)
18. Being in a banana republic. (3)
20. Call allowed by the sound of it and tears down shed. (3)
21. Utter agreement. (3)
24. Rear in uncommon manner. (4)
27. Owns a new place for skiing. (4)
28. Call it a treat in New South. (5)
30. Makes one fast diet. (6)
31. Had a little drink and was drunk. (6)
32. One detects another hustle here. (6)
33. Students taught not to overdress. (6)

## DOWN:

1. Put electrical unit in den to make cool water. (6)
2. For each amount additional clauses. (6)
3. So afterwards comes up for the course. (4)
5. There's craft in the wager. (4)
6. Is it like the press to be so mocking? (6)
7. Makes harder to lose when quick. (6)
9. Cut down in farm ownership. (3)
10. Kin could reveal corresponding fluid. (3)
13. Lean over. (5)
14. Practices customs. (5)
16. Not so well-to-do. (3)
19. Critical of danger. (6)
20. Make up in fashion. (6)
22. Shoots at the birds. (6)
23. Its people are like vegetables. (6)
25. He's changed sex. (3)
26. Requires fare for the traveller. (3)
28. Machine for making holes? (4)
29. Served behind bars. (4)



*Solution on page 70*

## DO YOU HAVE A POULTRY PROBLEM?

**Want to know more about Poultry?**  
**Having trouble obtaining reliable Advice?**



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# WHAT'S SPECIAL ABOUT YOUR LOCALE?

## CYGNET

by M Beuganey, Cygnet, Tas.

Just south of Hobart lies the enchanting coastal village of Cygnet, home to roughly 1000 inhabitants, many of whom enjoy an alternative lifestyle. However, good roads facilitate commuting to the capital in under an hour. Our tiny village is surprisingly well served with a large central carpark, four extremely competitive, seven-day supermarkets, two butchers, bakery and various eateries and takeaways all supplying most delicious, fresh foods. Available also, are services such as post office, bank, library, newsagent, telecottage, chemist, drapery, hotels, service stations, hardware, video shops, craft and antique sellers – the list is endless. A youth hostel, caravan park and bed & breakfast establishment meet travellers' needs, whilst medical, dental and veterinary services are also here. A leisurely drive along the waterfront reveals many small and ocean-going craft sleepily anchored, with numerous little swimming beaches very popular in summer. Directing your gaze inland, you find sheep and goats dotting the lush green slopes and valleys, whilst the ubiquitous black and white dairy herds have their role in the local economy. Fruit trees groan under the weight of their crops of apples, pears, stone fruits etc at their various ripening times. Flower gardens are an absolute kaleidoscope of colour.

## NORTH TAMBOURINE

by Joy Paterson, North Tambourine, Qld.

It's called 'Rumbalara'. We were told that in Aboriginal language it means 'the end of the rainbow'. We had some friends visiting us here on the Gold Coast and, it being Sunday, we thought we would take them for a drive up to the Gold Coast Hinterland. On reaching the top we noticed a sign, 'land for sale', so we stopped the car and walked into a tropical paradise: huge avocado trees loaded with fruit, passion fruit vines growing wild, pawpaw trees and acres of rainforest trees. We located the owner

and purchased the whole 17 acres. Now we have landscaped a large area which we have called 'the village green'. Planted our organic vegie garden, also planted a large variety of fruit trees. Bought a large second-hand shed for our tractor and farm tools, sunk a bore for water and have now finished building a western red cedar home.

We would like anyone interested to either write to us or come up and share a day with us. You will be made very welcome, also you will enjoy the healing power of this unspoilt paradise.

## MIDDLETON

by Maureen Hatch, Middleton, SA.

We moved to SA from NSW in 1983 and, after a couple of false starts, came to Middleton in 1986. It is a small town in a semirural area on the coast about 80 kilometres south of Adelaide and 14 kilometres from Victor Harbour. We live on one and a quarter acres just outside the town and a few minutes walk from the beach.

This is a tourist area and can get hectic on holidays and weekends so you really have to live here to appreciate it. Through the week it is quite peaceful and the early morning walk on an empty beach to watch the sunrise is wonderful. So is having that perfect early surf to yourself. The sea breezes temper the summer heat and the winters are mild. In fact, some of our best days come in winter.

Then, there is the achievement of overcoming the alkaline, clay soil to be able to revegetate a vacant block and see the birds come back. We have a no-dig vegetable garden and some fruit trees and there is always spare to give away.

There are numerous craft outlets and markets in the district and a lot of active community groups such as the dune care group I belong to. People here are friendly and the lifestyle relaxed and the friendships made by being part of this community are special.

Yes, we have our problems, such as unemployment, and some people who come here don't care for our environment as perhaps they should. It certainly doesn't rain enough, but I consider myself lucky to live here.



Part of the garden at Rumbalara.

## WHAT'S SPECIAL ABOUT YOUR LOCALE?

As part of our 25th birthday celebrations we invite readers to let us know what is special about their area or town. What made you choose to live there and what keeps you there?

Write **200 words or less** about your locality. We'll publish the best of these in each issue for the year. If we receive ten letters about Byron Bay, for example, we'll choose one we feel best sums up its attractions in less than 200 words.

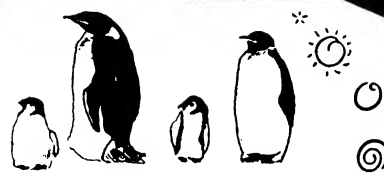
The writer of the letter we judge the best for the year – the one that most makes our office full of would-be travellers want to get up and go there – will receive a free GR subscription for themselves and one for their local school, library, or environment group.

It might help your cause if you send a photo that epitomises what you love about your area.

Put pen to paper and sell us on *your* locality.



# KIDS PAGE



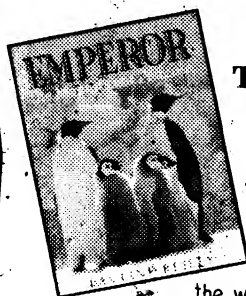
## Make an Iceberg

Make an iceberg and experiment with it to see how much floats on top of the surface of water and how much is below water.

### Here's what to do:

Fill a child's bucket with wet sand. Make a hole in the sand like a sort of upside down pyramid. Place some cling wrap plastic around the hole and fill it with water. Put in freezer overnight. When it's frozen, tip out your 'iceberg' into a sink 3/4 full of cold water. How much of it sinks below the water and how much can you see on top of the water? Does it keep moving?

## BOOK REVIEW



### Emperor The Magnificent Penguin

by Pauline Reilly

The Emperor Penguin is the largest of all the penguins. It lives in the coldest, windiest, driest place in the world - the Antarctic continent. This book tells the story of an Emperor penguin - the amazing things they do to survive, their unusual breeding patterns and parent/chick behaviour. The story and information is probably most suitable for children of middle primary school years and beyond. The many beautiful photographs however will delight everyone.

Published by Kangaroo Press/Simon & Schuster,  
RRP \$9.95 (Paperback).



## Penguins

Penguins are flightless, aquatic birds mostly found in Antarctica.

Some types are found in Australia, South Africa and South America. The largest species are the emperor penguin and the king penguin. Both of these are found on the Antarctic. Most penguin species have a white breast and a black back and head. Many have red, orange or yellow patches on the head and neck. Because they all have short legs far back on their bodies, penguins stand upright.

You think it's Cold in Winter in parts of Australia?

Imagine what it's like in Antarctica!

Antarctica is a continent that is more than 95% ice covered and it is the coldest continent in the world. Brrrrr...

The lowest temperature ever recorded anywhere on earth was here - minus 88 degrees.

The ice cover of Antarctica includes great big ice rivers and huge icebergs.

No land-based animals live there (only mites & ticks etc) but there are many whales, seals and birds living in the surrounding ocean. The creatures that stand out most are the penguins.

### WHAT IS ICE?

Ice is water in a solid state. It is colorless and see-through. It actually is made up of tiny hexagonal (six-sided) crystals but you would need a super strong microscope to be able to see these.

### WHAT IS AN ICEBERG?

An iceberg is a large floating mass of ice, detached from a glacier and carried out to sea. Icebergs may be 90% bigger than they appear from the surface and you cannot map them because they are always moving.

## A Yummy Dinner For Wintery Nights

### ★ Tofu Shepherd's Pie ★

- |                               |                           |
|-------------------------------|---------------------------|
| * 1 packet of tofu            | * 1 onion, diced          |
| * 2 tbsp oil                  | * 120g mushrooms, sliced  |
| * 1 capsicum, sliced          | * 2 medium carrots, diced |
| * 1 tbsp Worcestershire sauce | * 410g tinned tomatoes    |
| * 2 cups mashed potato        | * 2 tbsp sesame seeds     |

Saute the onion in the oil until just tender.

Add mushrooms, capsicum and carrots and cook until just tender. Then add the Worcestershire sauce & tomatoes.

Cover and simmer for about 10 minutes. Cut tofu into cubes and stir into the mixture. Cook for 5 minutes.

Spoon mixture into a greased casserole dish. Top with mashed potato sprinkled with sesame seeds and bake in oven set at 190°C for 15 - 20 minutes or until browned.

# CURED BACON

by Kimberley M Wakely, Moree, NSW.

The sow was sick. It was a major disaster as far as we were concerned. It was a breeding sow, a huge thing, and we had been hoping to make a little profit from the sale of piglets after we had put her to the boar.

There seemed no reason for her illness. She simply lay down one day and refused to get up. The first day we thought she was shamming, so didn't take much notice. The second day we were really worried. We hadn't owned many pigs, so had no idea what might be wrong. We tried everything we could think of to get the sow to her feet, to no avail. She was the biggest pig we'd ever seen, too big for us to move alone.

So Blue went to ask a neighbour if he knew anything about pigs. Eddie was not encouraging at all. 'When a pig decides to lie down and die, all y' can do is bury it.'

Meantime, the sow refused to eat. She simply lay there, unmoving, oblivious to the ferment going on around her. Obviously, she had given up wanting to live.

We had a book, *Cyclopaedia of Receipts*, which gave information about everything from building a boat to sexing chickens. Published 1910, it was a bit out of date, but, somewhat desperate, we turned to the chapter on pig diseases.

'It is very difficult to get swine to take medicine ... If too sick to eat, put them in a pen, pass a slip-noose over the upper jaw and, the mouth being open, pour the liquid from a horn or bottle.'

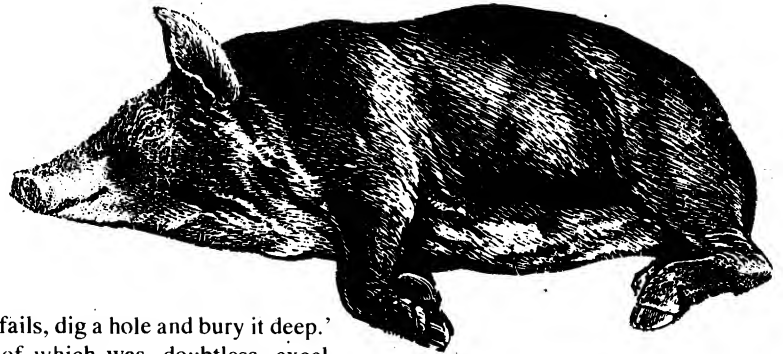
Thereafter followed the various diseases. The treatments varied, so we had a choice.

- Take 1½ lbs (680 g) pure chlorate of potash; 1 lb (45 g) powdered may-apple root; 1 lb Prussian blue; 1 lb powdered worm seed; 12 oz (360 g) pure arsenious acid; powder well and mix: to full grown hogs give one teaspoonful twice a day.

- Bleed copiously, then give 2 or 3 oz (60-90 g) Epsom salts.

- 1 teaspoon powdered caraway seeds; ½ teaspoonful powdered asafetida; 1 teaspoonful laudanum. Give as one dose, and repeat in one hour if necessary.

Or the final somewhat drastic advice:



'If this fails, dig a hole and bury it deep.'

All of which was, doubtless, excellent advice in 1910. However, the effect of reading this was simply to reduce the readers to a state of mirth, where rolling on the floor in mild hysteria seemed the only sensible thing to do. It was no help to the sow at all.

Then some neighbours called in and were hurried around to the sty to view the sow. They weren't sure what was wrong either but Jack, at least, came up with a suggestion that was worth a try.

'We had a cow once that got sick,' he said. 'Gave her a tot of whiskey. Fixed her goodo! Calf got a bit tipsy next day though.'

Anything was worth a try. We didn't have whiskey, only brandy, but supposed the general effect would be the same.

So Blue found an old plastic bottle and poured in a cupful of brandy, despite my protests that the amount would probably kill the sow.

'Arrh, some of it's sure to spill so why waste time having to go back for more. Anyway, the sow's good as dead. It'd do more good to pour it down my throat.' (He hadn't much faith in pig cures by then.)

Following the advice in the book, Blue took a light rope and quietly entered the sty. He wasn't keen on messing around with pigs. Those jaws could take off a man's hand with one snap, if the sow got wild. However, the sow was obviously well beyond objecting to anything. She lay perfectly still, only the rise and fall of her chest showing she was still alive. Even when Blue tied the noose around her top jaw there was no response.

She lay totally uncaring as Blue (with

the repeated dry comment that it would do more good to pour the brandy into his own mouth) poured the whole measure down the sow's throat. She swallowed and her head began to sink back. Then the raw liquor started to burn. She gave a startled cough, then a squeal that could be heard a kilometre away, leapt a metre straight into the air and was running before her hooves hit the ground. She raced straight into the end of the sty, with a whomp that would kill an elephant. Shook her head and, screaming obscenities the whole time, turned to charge at Blue.

Three times round the sty they raced, with Blue only a single pace in front. Finally, he vaulted over the fence – only centimetres from the snapping jaws. The sow tore round the sty, screaming and squealing, back legs kicking, jaws snapping, while the onlookers rolled around in helpless mirth.

Finally Jack, the first to recover, looked at Blue with a perfectly straight face and said, 'You forgot to take the rope off.'

We never saw the sow lie down again. One thing's certain. No one could ever get into the sty with her a second time. In fact, she was so wild that we finally gave up all thought of breeding from her and made her into bacon.

'And of course, for months after, every time one of the neighbours saw Blue, they'd grin and ask, 'Any good cures for a sick pig lately?'

More articles on pigs will be found in *Grass Roots* issues 12, 30, 59, 90 & 96.



# IN THE KITCHEN

The changing seasons are reflected in our kitchens no less than in our gardens. We know the warm season has passed on the day we find ourselves eager to have the oven going for hours in order to cook a succulent casserole.

When cooked as a one-pot meal, casseroles are a particular boon for busy cooks – preparation is simple and clean-up time is minimal. Economical ‘tough’ cuts of meat can be cooked slowly till they are tender and flavourful, preparation can be done well ahead of time and the ingredients left marinating for extra piquancy.

Acidic ingredients such as wine, tomato, or citrus juices added to the cooking liquid will help break down fibres of tough meats. Experiment with herbs and spices (not so generously that they dominate) to give each meal a unique signature.

While it is not strictly necessary to brown meats before cooking, doing so will improve the flavour. Onion and garlic have their full flavour released if lightly fried first, this also ensures that they are fully cooked. Use olive, grape-seed or canola oils for low cholesterol.

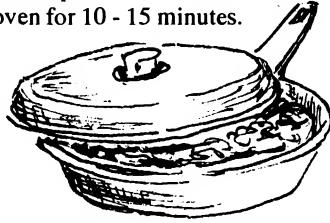
Just about anything can be successfully casseroled – vegies, beans, lentils, red meats, poultry and game. Once in the oven, the casserole can be left gently simmering while the cook is busy elsewhere, or relaxing by the fire with friends and family.

For economical energy use, bake bread or rolls before the casserole goes in the oven – they’ll be ready to eat with the meal. Desserts can be cooked at the same time as the casserole, or can go in the oven when it comes out. Poached fruit is quick to prepare and cook, or, for a more substantial finish to the meal, bake a traditional bread or rice pudding.

## LENTIL CASSEROLE

- 1 lge onion, chopped
- 2 cloves garlic, finely diced
- 1 tbsp olive oil
- 450 g packet precooked lentils
- 2 green capsicums, sliced
- 2 lge tomatoes, sliced
- 2-3 sweet potatoes, peeled & sliced
- handful chopped parsley
- 2 tbsp chopped fresh basil
- 1 tbsp soy sauce
- ¼ cup honey and sesame marinade
- 1 cup white wine
- 1 cup grated tasty cheese

Cook onion and garlic in large flameproof casserole dish, over medium hotplate, till just soft. Layer lentils, capsicums, tomatoes, herbs, with sweet potato as a top layer. Sprinkle sauces and wine over the top. Cook, covered, in medium oven for 1 - 1½ hours. Remove from oven, sprinkle grated cheese over sweet potato and return, uncovered, to oven for 10 - 15 minutes.



## RABBIT, BACON AND TOMATO HOTPOT

- 1 rabbit, jointed
- 4 rashers bacon, roughly chopped
- 1 lge onion, chopped
- 4 lge tomatoes, vitamised
- 1 tbsp chopped mint
- 2 tbsp chopped parsley
- 1 bay leaf
- 1 clove garlic, diced
- ground pepper, to taste
- 1 tbsp salt
- 1 tbsp vinegar

Place rabbit joints in a bowl, just cover with cold water to which the salt and vinegar have been added. Cover and leave in refrigerator overnight. Next day, drain and dry well.

Lightly fry bacon, onion and garlic in the olive oil in medium-sized flameproof casserole dish. Remove them from the oil and set aside. Place rabbit pieces in the oil (now bacon flavoured) and brown all over. Return bacon mixture to the casserole, add herbs and pour over the liquidised tomatoes. Add ½ cup of water if liquid seems too thick. Cook in medium oven for approximately 90 minutes. Before serving, remove bay leaf and add a sprinkle of ground pepper.

Serve with a green vegetable and potatoes that have baked in the oven for the last hour of the cooking time.

## BEAN AND CORN BAKE

- 1 tbsp canola oil
- 1 lge onion, chopped

- 1 clove garlic, crushed
- 2 cups fresh corn kernels
- 2 lge tomatoes, roughly chopped
- 1 cup asparagus, cut into 2cm lengths
- 2 cups cooked lima beans
- 2 tbsp tomato paste
- dash of chilli sauce, to taste
- pinch cayenne pepper
- 2 tbsp pine kernels
- 1 tbsp chopped mint
- ½ cup water
- ½ cup breadcrumbs
- ½ cup grated cheese

Lightly cook the onion and garlic in the oil in a large flameproof casserole over medium heat on a hotplate. Add all other ingredients, mix well. Cover and cook in a medium oven for 50 - 60 minutes. Remove from oven. Combine breadcrumbs and cheese and sprinkle over other ingredients. Return to oven and cook uncovered 5 - 10 minutes.

## WINTER VEGETABLE CASSEROLE

- 2 sweet potatoes, peeled and sliced
- 1 lge parsnip, peeled and sliced
- 2 lge carrots, peeled and sliced
- 1 dsp root ginger, peeled & finely diced
- 1 cup small pickling onions, peeled
- 2 cups vegie stock
- 2 lge potatoes, peeled & roughly chopped
- handful chopped parsley
- 1 tsp dill or caraway seed

Combine all ingredients in a large casserole dish. Cover and cook in medium oven 1½ - 2 hours. Thicken with a little cornflour and water if necessary, returning to heat for a further 5 - 10 minutes. Serve with green beans and crusty bread.

## SIMPLE BAKED DESSERT

Place an apple, peeled and sliced, or other fruit of choice, in a single-serve ovenproof ramekin (with lid). Drizzle over a teaspoon of honey, sprinkle with port or juice, add cinnamon or nutmeg if desired. Top with a sprinkle of chopped nuts or coconut. Cover and cook in moderate oven for 15 - 20 minutes. This simply delicious dessert can be varied enormously and is easy and appealing enough to be prepared by children.



# SERICULTURE

## Caterpillars In The Classroom



by Bridget Mahoney, Hurstville Grove, NSW.

**Bridget Mahoney has a passion for caterpillars; not just any caterpillars though, only those known as silkworms, the ones that spin a cocoon of silk thread in which to pupate. Her passion has taken her to China, and many other countries, in pursuit of knowledge about producing and processing the luxurious silk fibre. In her one-car garage and quarter-acre backyard she rears between five and six thousand silkworms each year. An integral part of her delight in the whole fascinating silk-making process has been sharing it with school children. She visits local schools, taking along a display and some caterpillars for the children to rear.**

There must be many people who would love to pursue the engaging pastime of providing silkworms to classrooms, especially if they are owners of backyard mulberry trees. These trees have a 4000 year old history, which, in recent times, has earned heritage status for the employment it gave to masses of refugees and immigrants from nations at war. Perhaps the mulberry tree inspired Thomas Jefferson to write, 'The greatest service which can be rendered a country is to add a useful plant to its culture'.

### MULBERRIES AND SILKWORMS

'Moraceae' is the term for all 1200 species of the mulberry plant family worldwide. To the casual observer they all originate from the three common species. *Morus* (mulberry) *albi* (white), *Morus rubra* (red), *Morus nigra* (black). The *Morus bombyx* silk caterpillar feeds off its leaf. In nature incomprehensible powers are at work, people cannot dominate the species where plants and insects which feed off them are closely related. There are other varieties of silkworm from caterpillars which live in tropical zones in the wild and feed off elms, oaks and castor oil plants. These cocoons are no less valuable. They cannot be reeled; it is a staple fibre which requires spinning for a filament yarn. The fabrics are called wild silks and India and China are major producers. I visit schools with these varieties of cocoons from the silkworm family to promote nature studies. I have learned of a sense of wonderment in children about the elements and the four seasons. They will become aware of the environment if they are part of it.

### TEACHERS' PETS

Trees have been bulldozed along with the weatherboard and fibro homes. The mul-

berry has been declared a pest. Choking wayward vines have seized feral trees. I have taken to the lantana with hand-tools to reach them in surrounding bushland. The years have caught up with me and they too have gone.

I feed caterpillars from the now-mature trees from my backyard. Older established schools do often have a mature tree in the playground, without one it is an arduous task for children to seek feed so there can be a high mortality rate in a classroom project. I feed them till they reach the end of the fourth instar (moulting) when the fully fed caterpillars are ready to cocoon. They have ceased eating and will spend twenty-four hours wandering away from the colony, a figure of eight motion of upper body indicates they are seeking three-cornered cavities.

I set up cocoon trays, complete with

egg cartons and toilet rolls donated by neighbours or collected from kerbside recycling piles. The caterpillars are now ready to demonstrate their skills as master builders. On contact with the cavities they will erect scaffolding as they eject a coarse, almost invisible, bave (cocoon thread). In twelve hours they will be safely encased and will commence cocoon building. At this stage children can each take a cylinder and observe them. Over three days there is a constant figure of eight motion, a clearly visible caterpillar at work is fascinating to watch. By day three they will have completely disappeared inside a dense cocoon which will contain 1.6 kilometres of a single bave. This occurs in September and will continue through to October with staggered hatchings. All cylinders are returned to the classroom, multiples must be placed in a clean shoe box. It is not necessary to



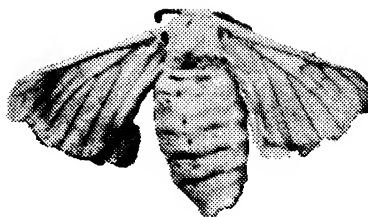
Silkworm pupae after the silk cocoon has been removed for spinning

remove cocoons from cylinders.

Metamorphosis is now underway. The pupae will sleep inside the cocoon for two weeks. The box can be slid into a net vegie bag for easy viewing. The antics of the ivory silk moths when they emerge from cocoons will delight both pupils and teacher. They will eject an enzyme which softens the silk. Only an early bird will observe this event as it is a predawn activity.

As caterpillars they are sexless, presumably boys are smaller. As moths their sex is clearly evident – males having a smaller body mass, females having a disproportionately large torso, too heavy for lift off. She is outnumbered by males fluttering impatiently as they await their turn to mate. Overpowering pheromones are emitted by her so that besotted males will not fly away. Net covering prevents frenzied boys accidentally escaping, if so they become disorientated as they lose the scent. This is sex education at its heavenly best.

After three days of constant mating the female will lay her eggs via an ovipositor at her rear, a fan attachment enables them to be laid in a circular pattern and prevent stacking. She simultaneously ejects a glue which enables



them to adhere to the paper towelling lining the box. The glue is yellow and dries in twenty-four hours, exposing the grey colouring of eggs. Hybernation has commenced and they can now be stored in a cool place.

The mulberry must now complete its four seasons; it awakens from its dormant season in August (spring) and the eggs will turn black as larvae hatch out and the cycle starts again. I leave them in the care of those children who show hands with a birthday in August. They are in charge of observing the tree for spring shoots next year. The bombyx moths are monovoltines – once a year hatchings. Silkworms in the wild are bivoltines, having up to four hatchings a year for fewer eggs each hatching. Bombyx females each lay up to 500 eggs.

Next time I will describe my rearing room and discuss the many uses of byproducts.

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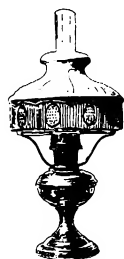
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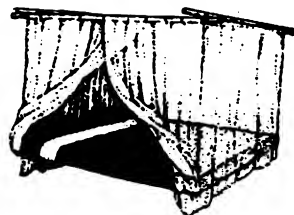
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# HOUSE COW KNOW HOW

## Mating and Weaning

by Christine Berry & Jo-Anne Kokas, Duns Creek, NSW.

In the previous issue I wrote about buying and managing a house cow. The cow may have had a calf at foot, or been close to calving. Ideally, the cow should be put back in calf three or four months after her last calf was born, and continue to be milked while she is pregnant until the time comes to dry her off, usually two to three months before calving. Some cows who are not mated will lactate for one to two years, but this is not always the ideal, as the quality (and quantity) of the milk drops the longer the time after calving. She may also have difficulty, even taking years, becoming pregnant again when you finally do have her mated.

A cow normally comes in season for 24 hours every 21 days and displays unusual behavioural signs on that day. For example, she may bellow often and loudly and appear to be searching the paddock for a mate, or pay special interest in the cattle nearby, or she may just

be doing something absolutely out of the ordinary such as being flighty in the paddock or appearing to be restless. (Two cows running together often mount each other when in season.)

Your Jersey or small cow should be mated, or put in calf, to a small breed to ensure she can physically deliver her calf successfully. If you require a replacement house cow heifer then it is always worth the gamble to try and get a heifer dairy calf that you can raise from birth to take over the role of house cow when she is old enough. A dairy bull calf can be sold or butchered for meat at a young age. If you require a meat supply then a beef breed should be selected, but choose a breed noted for its small calf production, usually Murray Grey or Angus. These small birth weight cross-bred calves grow very well, very quickly.

A neighbour may be agreeable to allowing your cow to visit the bull in his paddock on the day she is in season, or

artificial insemination is available in most areas. In all cases there is a fee to be paid. You will know whether your cow is pregnant or not because she will not show signs of coming in season 21 days after mating with the bull or after AI. A heifer should not be mated before the minimum age of two years, or older if she is not well grown.

The gestation or pregnancy lasts 283 days, and two to three months prior to the birth of the next calf the cow must be dried off and allowed to rest and prepare her system for the next lactation period. Her existing calf should be sold, or, if it is to be retained, it must be weaned, which means it must not be allowed to suckle from its mother for at least two months, after which time it can be put back with her, but observe that it does not try to suckle, or that she kicks it away if it does.

Weaning is a noisy process as the calf will bellow for the first week. It is per-



A young Jersey cow with heifer calf at foot, turned out for a day's grazing.

haps best to wean the calf at six to nine months of age (depending upon when the cow is due to be dried off in anticipation of the next birth). Continue milking the cow for the first couple of weeks of weaning, taking all the milk so she will not be so stressed, but will simply wonder what the calf is bellowing about. Increase the calf's grain and hay during the weaning time because you have removed one source of its food by withholding the milk from its diet and substitutes will be necessary. Try to alternate a few hours of one in the stable and one outside grazing so that neither are ever together in the paddock, but have access to fresh grass, and can still see one another. The cow may even still lick the calf while it is in its pen, if she can reach it. That is quite all right. Weaning means no milk suckled from the mother. Once the calf has settled down and realises it is not allowed to suckle any more you can dry off the cow – simply stop milking her and she will dry off naturally.

Mating, weaning and drying off achieved, the next excitement is the birth of the calf, which should be normal and successful provided the cow is in good health, has been dewormed and well fed during her dry period prior to the birth. She will begin to bag up, or make a fresh udder four to six weeks before the birth, the vulva will soften and enlarge, along with slackening of the ligaments around the tail bone, and there may be some clear discharge from the vagina.

The commencement of the birth process is indicated by the cow selecting a quiet place to stand, often not her usual resting place, and she will lie down often and stand up and look around her and lie down again. She will be breathing heavily or panting during contractions. She will begin to strain and present a white bag or membrane full of fluid from her

birth canal. This sometimes resembles a big bubble and will shortly be followed by two front feet, one slightly in front of the other, with a little nose lying on top of them in a diving position. The cow may rise and lie down several times again and then she will push out the head of the calf, followed by the shoulders and the rest of the body. The membrane will have broken by the time the calf is delivered, if not, break the membrane with your hand and allow the calf to breathe. Do not interfere any further and especially do not try to break the umbilical cord. Leave everything to nature.

The cow will immediately rise and begin licking and gently mooing, and the bonding between mother and young commence. The calf will attempt to rise and fall several times and will succeed and search for the udder and attach to one of the teats within a few hours of birth. The cow will eat the membrane and after she expels the afterbirth she may or may not eat that too.

The majority of births take place without assistance and a live calf is delivered and suckled. Be warned against well-meaning neighbours offering tractors to assist at a difficult birth. This can result in a costly loss of both cow and calf.

If the birth has not taken place or progressed within 20 minutes of straining you must seek help for the cow. Sometimes a calf will be presented for birth with hind feet first, or bottom first, or with the head folded back, and these positions will require assistance from a veterinarian or experienced farmer. Retention of the afterbirth is another problem that requires help if it is not passed within a few hours of the birth. If the cow does not or cannot rise straight after the birth seek help also; she may have paralysis or milk fever and quick action will prevent a tragedy. Sometimes the

newborn calf will stumble into a dam or gully and die as a result of misadventure, it is up to the owner to be alert and available for assistance if required. A calf may also require assistance to find the teat if the udder is low to the ground or if the calf is a little weak, but give him a few hours to try for himself.

Now, that the birth is successful and the healthy calf has been mothered and is suckling well and sleeping between feeds, the whole daily milking routine is recommenced with the day-old calf being brought into the freshly made straw bed in the pen and allowed to suckle colostrum often. One week later, when the milk supply is normal, the household can enjoy months of fresh milk in their diet.

There is a great joy in managing a house cow successfully and family life is enhanced greatly by the involvement of the milker and children who enjoy the whole process surrounding the production, collection and drinking of milk.

This article is only a brief description of some of the ways to manage a house cow; there are many variations to suit your routine, and the individual cow. But, whatever you do, take great care of your cow, feed her well and she will repay you greatly.

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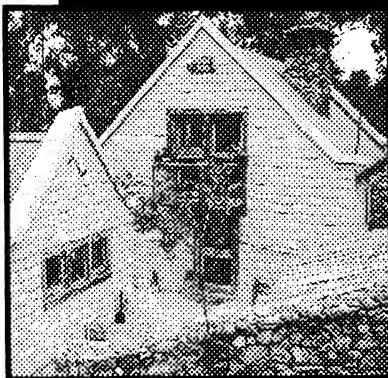
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Having just experienced a harsh summer many readers living in dry areas with poor soil conditions might usefully adapt Vance Avenell's method of growing fruit trees, initially developed to cope with the problem of deep sandy soil.

# ORCHARD NUTRIENTS ALL WRAPPED UP

by Vance Avenell, Bundaberg, Qld.

Modern day Australia's blockies, battlers and such are mostly recent comers on the farm scene, having arrived long after the choice areas were taken up by the old-time pioneers, graziers and farmers. In consequence of most being money short, battlers are able to only obtain the poorer grades of land: hillside country, poorly watered, clay based, waterproofed or waterlogged flats, and sandy wallum country. Both north and south of Bundaberg there are thousands of acres of the latter heart-breaking wallum country.

Anyone who knows Queensland even a bit will be aware of the whereabouts of Bundaberg and know that it is prosperous, sugar cane and small crops country approximately 400 kilometres north of Brisbane.

Bundaberg is sited on flat country, 20 kilometres inland on the Burnett River. There is only one hill for 50-60 kilometres, it being The Sloping Hummock, so named by Captain Cook on his sailing trip northwards in 1770. It and the Glass House Mountains were the first inland Queensland points named by Europeans prior to any recorded white settlement of Australia.

Though Captain Cook would not have known it then, that low hill was to be the source of Bundaberg and district's present prosperity, for 'The Hummock', as the name is now usually abbreviated to, is a now-dormant (though definitely not extinct) volcanic core.

The land between the Burnett River and the smaller Southern Elliot River is littered with laval rocks, many as big as small motor cars, blown there in the violent eruptions eons ago. It is also metres deep with rich red volcanic soil, probably some of the most fertile in Australia: excellent soil, that is, incidentally, being rapidly and foolishly lost to production by the developers' unchecked expansion

of urban housing, which is throttling the very prosperous existence of the area by taking land out of production. All this sits astride a shallow depth aquifer basin of sweet domestic and irrigation water.

Sadly, few blockies hereabouts are on this lush, water-rich, red soil, but, like myself, reside on metres-deep sand, that does not need a bar or a pick, but merely a spade to dig a grave. It has one blessing: when it rains, and rains, and rains, we never, not ever, flounder about with six-inch platforms of gluey mud adhering to our boots, and all the excess water has soaked away in a matter of hours. This also is its curse, for any sort of husbandry requires such volumes of water that it is often not realistic. A simple vegetable garden ties one to a hose morning and evening, and nutrient-low, sandy soil, gives the grower inadequate returns.

However, there is one thing it is good for growing: trees, especially fruit and nut trees. Once you've got them established that is!

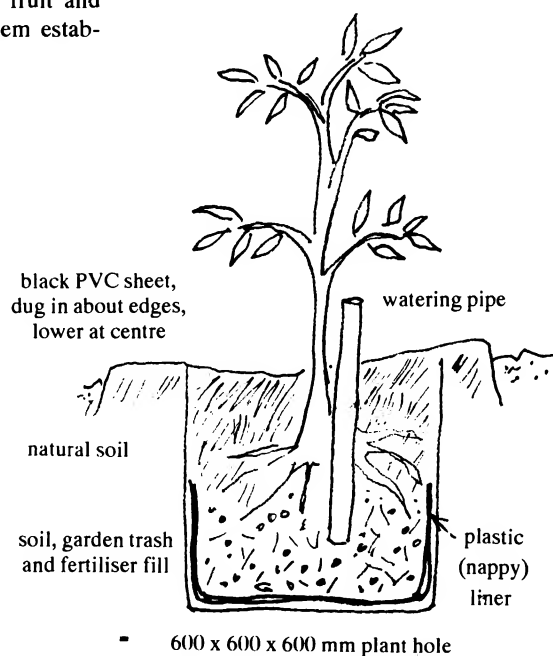
Therein lays the rub.

Going back a number of years, after a long savage dry that decimated even mature natural bush trees all about the district, I found I could not save many shallower rooted trees (lemon, orange, mandarin). Then later, after an absence, I returned to Bundy to find a powerful twister wind had blown through the town and district, ripping over trees in hundreds and wrecking many roofs and sheds. I drove home expecting to find 27 megahertz CB and UHF radio antennas twisted all over an equally shattered

roof and fowl houses demolished.

Glory! All that stuff was safe. But for my trees there had been no mercy; tops had been twisted off like chickens' heads, trunks divided lengthwise: macadamia nuts, custard apples, star fruit trees (recently renamed carambola). The huge, though poorly productive, avocado that previously cast a lovely pool of shade over the visitors' caravan, had broken limb stubs sticking out from its main trunk, all else was reduced to firewood.

Between drought and wind I was up against a major replacement problem of nursing grafted, costly new stock through the first couple of years of shallow-rooted, water-dependent existence. After considerable thought, and flying against the advice of others, who, though successful, were basing their advice on experience gained on much superior ground conditions, I arrived at what was



to prove a successful solution.

After sorting out exactly where the plants were to be placed, I dug a series of 600 x 600 x 600 mm pits, then lined the bottom and one-third up the wall sides with plastic sheeting, keeping it upright with a mixture of wet sand mixed with garden refuse, house scraps, lawn clippings, leaf prunings and small sticks and bits of wood and fresh poultry or animal manure for live bacteria, until the pit was half-full. Then, just off centre, I pushed a length of pipe; any sort: old guttering downpipe, metal water pipe, PVC; the tops coming a little above ground height.

The fledgling trees were planted alongside these watering pipes. The soil was brought up to ground level, dished high at the outer edges and down towards the centre and covered with a square metre or so of black plastic garden sheeting. This created a natural rainwater catchment, which swiftly soaks down into the centre of the catch-all 'napkin' sheeting below the young trees' roots and stays there instead of plunging down, to be lost into the depths of the sand.

When need demands, a bucket of water can be emptied directly down the pipe to be then sucked up to near the surface by solar created osmosis. The mois-

ture then condenses on the plastic. The garden mulch in the napkin is kept moist, slowly decays into nutrients to feed the tree, and, as the tree matures the rooting system reaches over and around the nappy water trap, to deeper down, long-term subterranean moisture.

Occasional applications of liquid fertiliser, be it soaked cow manure or one of the many commercial mixtures on the market, can be administered merely by pouring it down the watering pipe, and it is all, every bit of it, retained in the nappy and eventually absorbed by the plant. With this system, despite the severe limitation of water available, I have been successful. Already, avocados are fruiting along the drive, and other trees, not yet quite so forward, are growing well as replacement plants for those lost.



### EARTHWORMS

According to the *Alternate Farmer* Nov/Dec 1997, stone fruit yields jumped almost 400 percent above the district average when trials in Victoria's Goulburn Valley first began encouraging earthworms into orchards, vineyards and grain crops.

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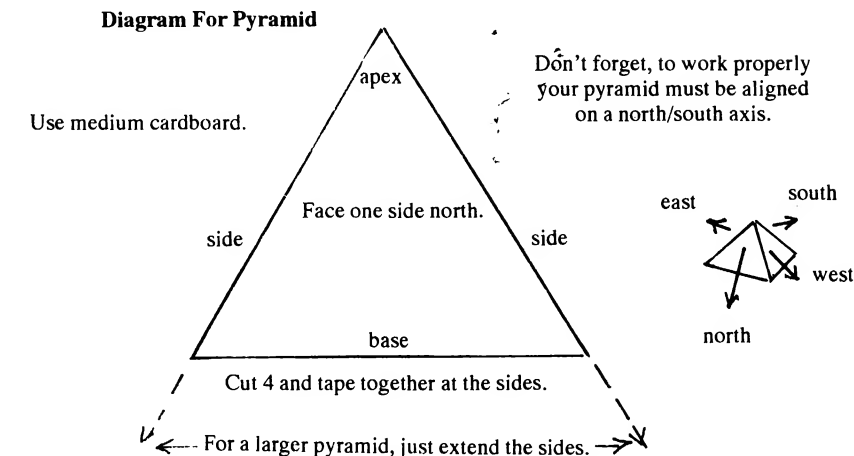
# PYRAMID POWER

by Marly Wright, Maryborough, Vic.

I became interested in pyramids when we (my family) lived in New Zealand. We came across a man who had a large fir tree in his front garden and from it he had strung lines across his front door. Hanging from these lines were pyramids, about 24 in all. Each pyramid was linked to the next with electrical wiring, going from the base of one and into the apex of the next and so on. When I enquired what it was all for, he demonstrated by flicking a switch that was connected to the wires from the last pyramid, and I was amazed when a small light globe lit up! The power came straight from the pyramids. We checked out the wiring to the switch and confirmed that there were no other wires connecting to the switch that might have come from a hidden battery. The man walked with us under the pyramids mumbling that he knew he had something, but he wasn't quite sure what to do with it now that he had got it!

This stimulated my interest and I went searching for anything written about pyramids, especially experiments with them. What I found out, I put into practice and believe me, the experiments never stop!

I've drawn up a pyramid for you to trace off and build your own. This is only a small one, but it is still quite powerful. My research indicated that the measurements are scaled down from the Great Pyramid in Egypt, and that only these measurements will work. I have not tried any others so I cannot tell you if



this is true or not.

When you have constructed your pyramid, you will need to align it on a north/south axis. This enables your pyramid to become charged with energy. I have found that two matchboxes serve as a table inside the pyramid, as things seem to work better if they are approximately two-thirds of the way up into the centre.

It is well known that razor blades will keep sharp if they are stored in a pyramid between uses. However, with disposable razors, there doesn't seem to be a need for it, so try your craft knives, scissors (a bigger pyramid might be needed), or kitchen knives. Try putting three seeds inside the pyramid for two weeks, and three more of the same outside your pyramid on a saucer. Then plant the seeds, marking the pots so that you don't lose track, and see what hap-

pens. I'm not going to tell you as it will spoil the fun.

One day I will build myself a 1.8 metre pyramid to experiment with, as I've read that meditation comes easily, also that the energies inside them are very healing and refreshing (put a comfy chair under the apex). Food can be preserved beautifully, and if a jug of water is placed inside overnight, it becomes energised, pure, and sweet. If you dare not drink it, put it on your indoor plants and see the difference. Do your own experiments and keep a record of your findings.

Try this. Put a small pyramid, aligned north/south, underneath a chair and sit on the chair for 15 minutes. If nothing happens, move them to another area and repeat your experiment. When you find the right spot, something will happen, believe me!

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# RECYCLING RUNS RIOT

by Roberino, Arrawarra Beach, NSW.

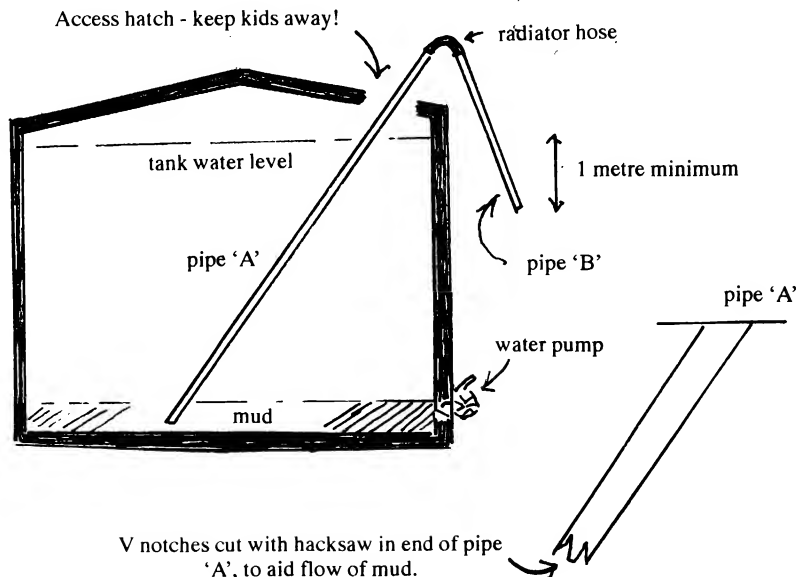
## *Using different bits 'n pieces to desludge a water tank*

Every three or four years it's a good idea to get the mud out of the bottom of your tanks. Besides making life hard for the water pump, the mud (or worse), doesn't taste all that good. Clean water is better.

A cheap method is to buy a six-metre length of 40 mm diameter white PVC, SWV (sewer, water, vent) pipe, from your local hardware or plumbing supply shop, cost \$12. You will also need a car radiator hose that is a tight fit over the 40 mm (nominal - ie internal) diameter PVC pipe. I found a used one at the Re-laigh Eco-House, which I affectionately call my local recycling supermarket, but most progressive council rubbish tips have a re-use/recycle 'shop' these days. Anyway, it cost me 50 cents which I thought was a bargain. I also scored a two-metre length of more 40 mm PVC SWV pipe for \$2. I was on a roll.

Now high as a kite 'on adrenalin, I took all this collection home and arranged it in the tank as per the diagram.

Elevating pipe 'B' above the horizontal so that the radiator hose was scrunched flat, I filled pipe 'B' with water from the garden hose. When it overflowed, I let pipe 'B' drop down so that the water in it flowed out quickly, causing a suction in pipe 'A', which got a syphon flow going. This syphon flow gradually got pretty murky as the mud



from the base of the tank was sucked out with minimal waste of tank water (the water level of the tank only dropped 15 cm for total procedure). I gradually moved pipe 'A' around the bottom of the tank until the water ran clear. It took me about 20 minutes and it was a lot cheaper than the \$200 I had been quoted to drain the tank completely and have the mud physically shovelled and bucketed (with ropes) out of the tank; plus another \$200 to fill the tank back up with water from a water tanker, with yuk-chlorinated/fluoridated town supply water.

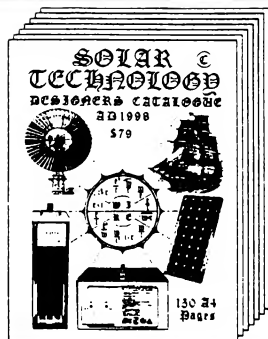


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## BROAD OUTLINES

by S & R Dark, Tingha, NSW.

We thought readers might be interested in a broad outline of our endeavours over the past 28 years.

We gave up city life, neighbours, stress, to buy a bush block in the New England area of NSW in 1970. We haunted all available libraries for *Mother Earths* (USA) and early editions of *Earth Garden*, and contributed some articles regarding trials, problems and the joys of starting out when practical knowledge and advice were almost nonexistent.

Together we built a toilet of mud brick, a house of pisé, raised goats and a few sheep. Gardens and vineyard (organic of course) went well until the dreaded inflation hit hard. Lack of income for essentials made it impossible to continue.

Sold up and bought an empty property, wrung out and sadly in need of TLC. We planted literally thousands of bee-favoured trees and shrubs to revegetate the land. A two-storey weekender served until we left to rejoin the workforce. Throughout the next eighteen years we paid rates and visited when we could, all the while dreaming of our return to our 'bolt hole'.

During this gypsy time we 'found' rare and endangered seed in various parts of Australia and forwarded them to the Brisbane Organic Growers Group and later Seed Savers. Whenever in one spot long enough we grew and forwarded surplus to the seed banks.

Upon our return to our property we

were astonished to find trees, trees, trees, everywhere! All former tracks gone, distant range views no longer visible. Everything green!

The old weekender was still functional as a temporary home and storage until a regular cottage was built. A dam was put in, but as yet, five years later, used only by the wildlife and for our personal aesthetics. Not such a bad use really. The good rainfall of this area and having tanks wherever possible made dam water unnecessary.

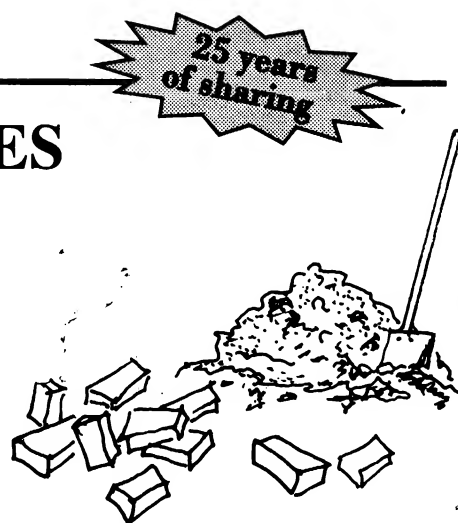
However, after being in a regular house for a while we couldn't help ourselves and made a mud brick workshop, outdoor cooking and barbecue area, and later a mud brick garage. All this muddie work only made the dam bigger.

Fortunately, the property has always been clear of chemicals, right back to original settlement and our continued strict organic practices show in our produce and premium seeds.

Throughout, we have recycled, bartered, companion planted, saved seed, built in alternative materials and taught any who would listen. Along the way we've attained a reasonable level of self-sufficiency, all anyone can hope for.

Over the decades we've used lots of the ideas from *Grass Roots* and corresponded with many friends gained through the magazine.

Our organic growing/living methods, devised by trial and error, resemble permaculture in some respects, however,

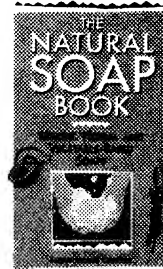


our system is different and is currently being compiled and written up for 'The Book'. Future projects include the erection of an American barn, an earth ship using tyres and a wattle and daub weekender to overlook the dam.

Our advice to intending Grassrooters is to consider all your options. After all, to live in an alternative situation demands hard work by all parties. The greatest assets are a committed partner with vision, a sense of humour, and determination to succeed.

### Books - All Subjects

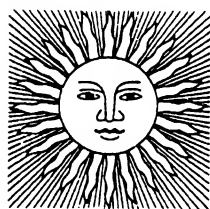
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## TOO MUCH VITAMIN D

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## LONG LIFE FOR VEGETARIANS

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## SUN DAMAGED TEENAGERS

According to a study by the Queensland Institute of Medical Research, between 40 and 67% of teenagers have permanent, if mild, skin damage as a result of exposure to the sun. The number of males with damage was four times that of females.

## RESTLESS LEG SYNDROME

Medically, the cause of restless leg syndrome is unknown, although calcium or iron deficiencies are suspected. It is possible that it is a local deficiency in the legs due to inadequate blood supply rather than a deficiency in the diet.

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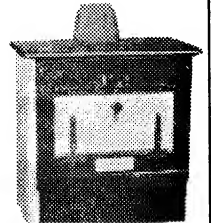
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# FENCING FOR BEGINNERS

## Rabbit-Proofing



by Tony Haines, Rivett, ACT.

When we took a break at the end of the last article, we had attached and strained the plain wires. Now it's time to connect netting and rabbit-proof the paddock.

Rabbit-proofing a fence can only be done when using wire netting. Once the plain wires are strained get the mattock and dig a shallow trench, only 3-5 cm deep and the width of two mattock blades. Dig the trench on the flat side of the picket, in other words the side that the netting is to go on. Then, when the netting is up, it is only a matter of kicking the overhang of netting into the trench and backfilling it with a shovel. Throw seed over the trench and it will help to anchor the netting even more. If you want to rabbit-proof but the ground is hard or rocky, put rocks on the netting close together. If you don't like the idea of digging a trench, just throw some seed down on the netting and let it rabbit-proof itself.

### Tie-Downs

These are done, as with rabbit-proofing, after the wires are strained. Tie-downs are star pickets that are either cut in half (for tying down strainer posts) or into three (for tying down star pickets). You will need only concern yourselves with tying down star pickets for now, I will write about tying down a strainer post at a later date. Cut the picket into three with a hacksaw, cut halfway to three-quarters the way through. Put the picket in a vice and bend it back and forth a few times; it will break off fairly easily. Or, hold it with one end on the ground, with the cut facing down and step on it, then keep bending all the way back until it snaps. Go to the picket that is hanging, take a sledge hammer or a block splitter (never hit anything with the back of an axe), some 2.60 mm wire. Drive the cut-off picket on an angle, in front of the holes of the picket. Stop when the cut-off is 8-10 cm above the ground. Put your foot on the bottom wire to bring the picket down and thread the soft wire through the hole underneath the bottom wire. Thread the wire through twice and

pull it up as tight as you can, then twitch together the same way you would when tying mesh with tie wire. Now drive the cut-off into the ground until it's well covered below ground so animals won't be hurt.

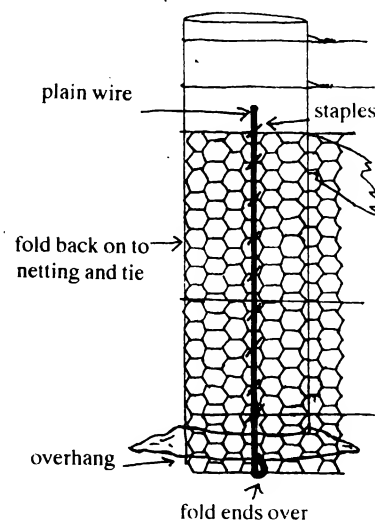
### Mesh

With wire netting there is a small tag attached to the top wire. This has to be found as it is the up side for the roll. In other words, the side that has the tag goes up. If the netting goes on upside down the top will be loose and the bottom will be tight. If you can't find it, use the paper with the brand name on it as a guide. If you only use some of the roll tie a piece of wire to the top side for future use. With hinge joint and ringlock there is no such problem about which way is up.

I will begin with wire netting. You could either roll the netting by hand and foot or use the homemade puller. Before you charge off down the paddock with a trail of netting behind you, think about which end you would like to strain from. If you intend to use a vehicle to strain the netting, pick an end that has the room for the vehicle. If you have a preference to which end, then start to roll out the netting from the opposite end to the end you have chosen. Roll out the netting so that the top side is out or the furthest away from the fence; it is easier when you go to stand the netting up. Either tie the netting to a picket or put something very heavy on the netting, so it won't roll back up and hit you in the back of the legs. When the netting is rolled out, walk back down to the end you started rolling from and take some staples, hammer, tie wire, pliers and a length of straightened 2.80 mm wire about 10 cm taller than the mesh. Pull the netting up to the post, the netting shouldn't pass the outer edge of the post, get the straightened piece of wire, put it in the middle of the post against the netting. Staple the wire, netting and the top fence wire together, put the staple on an angle. Keeping the netting and the wire straight, step on the bottom overhang and netting and get it

tight and put a staple in the middle, getting all the wires. Then do the same on the bottom wire. Then put a staple down the same line every few centimetres. Then fold the overhang over the wire and tie with tie wire so it won't stick out. Bend the wire off, cut ends that overhang the netting – making a sort of hook so no animals can get scratched.

### Tying Netting Off



Stand the netting up and tie with one loose tie to the last picket, on the opposite side to the post, in other words if you are straining left, the tie is to go on the left side of the picket. Keep doing the same every few posts as this helps when straining, because if you didn't the netting would rip on rocks and pick up sticks.

Put the mesh strainer on depending on how you are going to strain. If you are going to use a vehicle, put the mesh strainer on in the middle of the strainer post and the first picket. If you are going to use the wire strainers, put it close to the picket (see diagram). Netting will stretch for miles and as it does so it will shorten, so even though it is doubtful that you would ever pull the netting that hard it is still possible to do some damage, especially if you are using a vehicle. So, as you strain, stop when it feels like it is starting to get hard, walk down to

halfway and as you go pull the netting in the direction of the strain to see how tight it is, and also give a flick to loosen it up in case it sticks. If it pulls very easily it will need a little more, if it didn't pull easily it's tight enough. Another way is if the netting bows it is tight enough, but still walk down and shake the netting to free it up, sometimes the bow can be a little deceiving. When you have the strain that you are happy with it is tied off in the same manner as it was at the end strainer post.

If you were straining with a vehicle the mesh strainer should be past the post so it is only a matter of putting the wire offcut on the netting and stapling to the middle of the post. Cut the netting after the vehicle is released, leaving enough overhang to fold over and tie. It is essentially the same when using wire strainers. You will need someone to help because the wire strainers are roughly halfway along the first bay, so the other person will need to pull up the slack past the post as it is not strained. Put the wire against the post and have a staple ready, the other person pulls the netting opposite to where the staple is to go, when the netting is pulled tight enough then sta-

ple. Do the middle then the bottom wires next, then fill in the gaps. Always have the staple ready before your partner pulls the netting, saving their fingers undue strain.

With hinge joint and ringlock it is nearly the same, except for the tying to the strainer posts, and the amount it will stretch is nowhere near the same as wire netting. When tying to a strainer post cut out a row or two of uprights, enough so that you can use the horizontal wires to tie around the post. Wrap the wires around the post and tie onto itself. With the top and bottom wires, also tie around the top and bottom wires of the fence. When straining with a vehicle, put the mesh strainer on next to or just in front of the strainer post as it won't pull all that far. When straining with wire strainers, put the mesh strainer halfway between the picket and the strainer post.

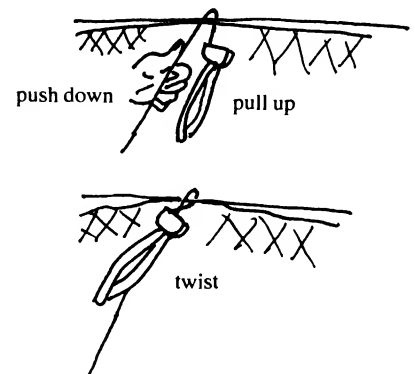
To tie off when using a vehicle, the mesh strainer should be well clear of the strainer post, you will need to put in two rows of staples, each row just in from the edge of the strainer post. When that is done, slowly release the vehicle. Cut the hinge joint/ringlock upright wires, making sure that you have plenty to wrap

around the post and to tie (see diagram). Tying off when straining is similar to the netting. You need someone to help make sure you have that extra strain, while your partner pulls the wire you staple it in two rows and tie around the post the same as above.

### Tying a netting fence

This is the slowest part of fencing yet the most satisfying, as each panel you tie and leave behind you know is finished. When you tie wire netting always tie the top first, then put your foot on the overhang to pull it all tight. Don't pull down too tight as the top wire will sag. Then tie down each side of the post as close to the picket as you can get – this will tighten the netting further. Then tie the middle and then the bottom in an up and down fashion. The ties in the top wire should be 15-25 cm apart. (I tied 15 cm apart for strength, and it will hold the fence together longer, but then again I wasn't paying for the tie wire.) In the middle put ties about 30 cm or so apart, especially if there are a lot of wombats and roos. The bottom wire is about the same, but no more than 30 cm apart. (I tied a 15 cm gap here too.) Hinge joint and ringlock are tied the same, except you don't have any overhang as you do with netting, and the ties will not have to be quite as close, as the wires are stronger (see diagram on how to tie).

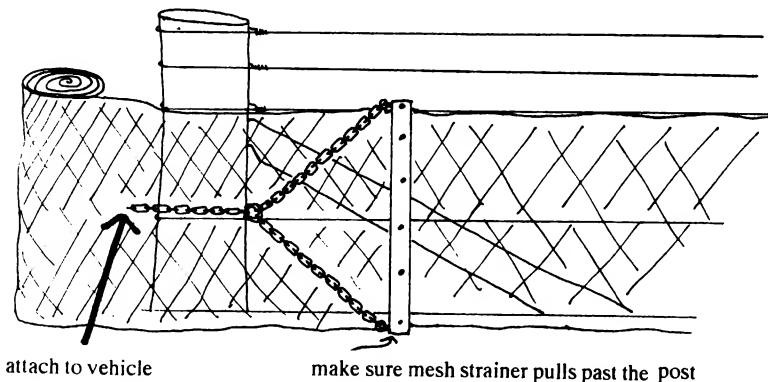
### Tying Netting and Hinge Joint/Ringlock



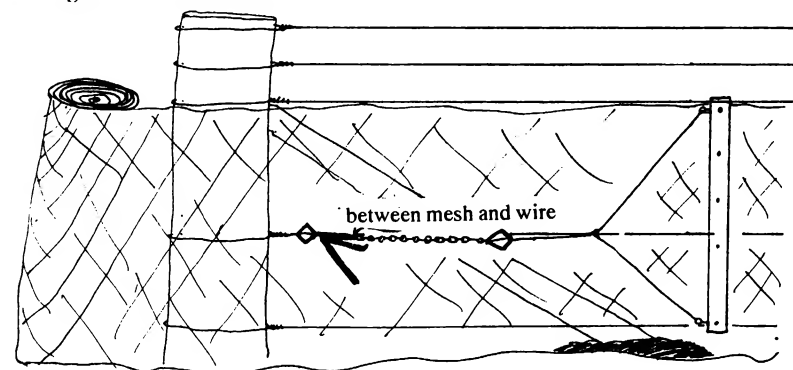
### HOMEMADE MESH PULLER

To construct the mesh puller is easy. You could opt for one made from steel or make one from wood. Either can be made from scrap, or purchased material, for this very reason I have left out the dimensions for the material from the diagram, as I didn't want to put anybody off from making one because they didn't have the specific material. To make one from steel you will need to make it from,

### Straining Mesh Using A Vehicle



### Straining Mesh With Wire Strainers

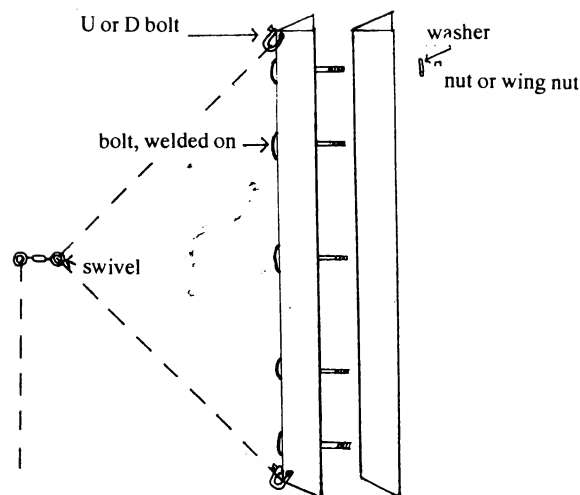
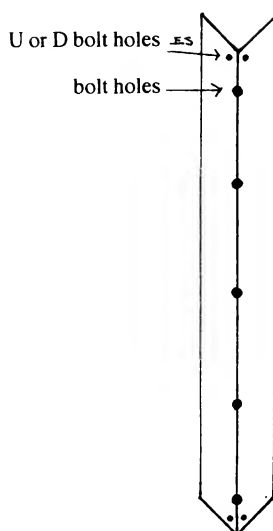


say, 25 mm pipe, and 50 or 75 mm pipe for the end pieces so that the bar that will hold the mesh can slip through. You will also need access to a welder, two washers, split pin. The length of the side pieces is whatever you feel comfortable with, one and a half to two metres is a good length. The handle on this design is the same length as the bottom rung, which is a few centimetres longer than the mesh.

The one made from wood is the same shape as the one made from steel. The dimensions are whatever you can find lying around. The handle is square and the bottom piece is a broom handle or a piece of dowel. The loops at the bottom that hold the dowel can either be made from a piece of tin folded in half and screwed on, or a couple of pieces of garden hose screwed on, or a strand of wire tripled over and held in place with two plates of tin that are screwed in place.

Now that you know the idea behind the system of a mesh roller, if you think you can make a better one suited to your needs, then go for it and the best of luck. That goes with all facets of fencing, it is possible to change materials and processes to suit you and your needs; nothing is ever written in stone.

### Mesh Puller



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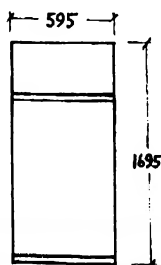
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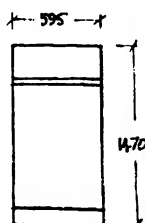
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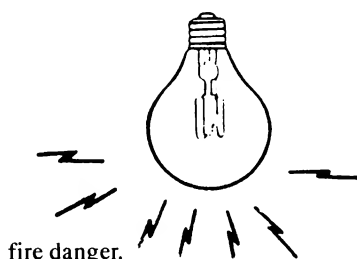
# SAVING MONEY ON HOME LIGHTING

by John Mount, Woodford, Qld.

Some ideas to reduce that often hefty power bill can be found in simple adjustments to individual lights and their use around the home. As home lighting uses roughly 5-10 percent of the total power consumption of the average household, a saving of just two percent would put at least \$20 or more per year back in the home owner's pocket.

For starters, check all the lights both inside and outside the house and see if any reduction can be made in the wattages of individual bulbs. For example, do you really need to acquire a sun-tan in the toilet? Perhaps a bulb with enough light to read by without straining the eyes might be sufficient?

Twenty to thirty watts is all that is usually needed in most bedside lamps. Enough light only to produce a soft, subdued effect is all that is usually required, besides, wattages stronger than 50 in a bedside lamp could overheat the socket and its wiring, creating a possible



fire danger.

Turn off lights when they are not in use. Install timers if you wish to come home to a lighted house. Timers are also good for switching on and off those lights that are difficult to access, or those that are frequently forgotten and left on.

Fluorescent lighting is more effective and much cheaper to run than ordinary incandescent bulbs. Fluorescent tubes and bulbs last at least five times longer than ordinary bulbs, consume one-third less electricity, and the actual type of light emitted is one of the few available that come closest to daylight. Perhaps this is why many artists who paint under artificial lights prefer fluorescent or similar lighting.

Remember, the wattage of a light bulb does not strictly indicate the amount of light it produces (though it is often used as an approximate guide), but rather the amount of energy the filament consumes.

And to dispel another myth, four 25 watt globes do not equal a single 100 watt bulb in light output. In fact, four 25 watt bulbs give nearly 40 percent less light than a 100 watt bulb using the same amount of energy. However, it is more economical to have four 25 watt bulbs in a chandelier or similar type of fitting than four 100 watt bulbs.

When planning the future location of lights and light switches in a new home, it is both economical and sensible to ensure that each light can be turned on without people having to wander around in a dark room groping for the light switch. In this day and age when security is a must, a good formula for the operation of house lighting is, 'illuminate areas ahead and extinguish areas behind'

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# TO THE NEXT QUARTER CENTURY

by Vanda Coyne, Townsville, Qld.

Congratulations on your 25th anniversary. I have lost touch since 1995, when my dad died. My brother and I decided to sell the old house, which needed a lot of repairs, and, amazingly it seemed, we sold it to a new neighbour who had the same surname as Dad, so it stayed in the family, in an Irish manner of speaking. I am sure Dad would have approved.

I wanted to move to Townsville where three of my four children live with their families, and in order to go on with my long-standing love of painting I enrolled in James Cook University in '96. I am now in my third year of a BVA degree and loving it. Full-time study takes up most of my time, and the tiny garden in my unit is very overshadowed by the neighbours' lovely trees. I can only grow shade-loving plants such as ferns and flowering impatiens in pots, but I am visited by many happy birds, even now the contented cooing of a dove is quite distracting. One of the trees, the rainforest species of *Eudoria elleryana*, is the host tree for the glorious blue bird-wing butterfly. So I am tucked away in a tiny rainforested area of the city, which in 1988, I am pleased to say, made a magnificent effort and planted 100,000 trees. Townsville's gardens are now lush and green, and, though we suffered massive flooding in January, there is hope that we may return to our former weather patterns. We would like our old wet season back, but slightly modified, please!

I have not been conducting my regular meditation classes here because of time, but do hold workshops in my holiday periods for groups such as the Alzheimers Carers' Group, or others. I feel much like Jon Moore (GR 125), a Grassrooter at heart, but a bit of a shady character. Still, I buy the magazine occasionally and stay up too late reading it. It is like family, and I get the urge to rush into the kitchen and try out the jam recipes or such.

I have just returned from nearly three weeks in New Zealand, a beautiful place

but suffering an unprecedented drought and heatwave. Everyone I spoke to believes their seasons have changed. In Christchurch I met Larri, a beautiful lady who, though past the three score and ten mark, is trim, fit and alert as a teenager. It is thanks to Larri that I am now drinking NZ tea: a cup of hot water without the tea. I add a small slice of lemon for flavour, I must admit, and it is not as bad as it sounds, believe me.

Larri, unaided, manages her home and very large garden, and her energies and interests are too numerous to mention. She remarked that she wanted to make or obtain an old-fashioned crock-type water filter, because of the drought, but couldn't find anybody who remembered how to make them. I told her of *Grass Roots* and she had never seen it. I promised to send the address when I returned to Australia. Next day, while waiting for the Bank of New Zealand to open, I wandered through the Armagh Street Newsagency in Christchurch and the manager was reading GR. It was, he said, his last copy and very popular.

I decided to send one from Australia instead, so last night I read it from cover to cover, savouring the editorial last, and so found, Megg, that you were searching for past contributors. No doubt letters will come in for months and you will be swamped, as many of the 'old' GR people get in touch.

I still remember receiving the first copy unsolicited in the mail. At the time, 1973, I owned an art gallery and art supplies shop in my home town, Ayr, and was very busy raising four young children. They are now all grown and married, three here in Townsville and one in Florida, and I have now nine grandchildren, including two in Florida and another in Bendigo, Shannon, who lives on a farm with her maternal grandmother.

By 1988/89 I was living with and caring for my dad on his quarter-acre block with its huge tamarind and old mango trees, growing beautiful organic paw-paws and herbs, selling them at the mar-

ket sometimes. This is when I began to write 'Under The Mango Tree', to offer a view of North Queensland living. At least, that was my intention, though I often strayed from the practical to the spiritual and philosophical, with my abiding belief that we continually search for wholeness, and that we fail to achieve it if we lose our respect and our love for nature, for plants and animals, rocks and trees, and fail to 'stop and smell the roses'.

For those who feel that life can only be complete if they have not gained a fully self-sufficient lifestyle, please remember that there are many ways that we can contribute to helping others and the planet. Imagine if the farm was seen to be the only way to go, and *Grass Roots* had not come into existence?

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## ROUND THE MARKET PLACE

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### AROMATIC DREAM CUSHIONS

Whilst researching the therapeutic properties of essential oils, the manufacturer of Aromatic Dream Cushions found that the American Indian culture used 'dream pillows'. Made from fine, bright materials, these pillows were mainly used by tribal elders and pregnant women. And so began the development and production of the Aromatic Dream Cushions along with other products to accentuate wellbeing around the home, office and car. The cushions are made from unbleached calico and hypo-allergenic filling with a sachet full of herbs, spices and essential oils made from muslin cloth. They can be rescented. Cushions come with an 8 ml vial containing the appropriate essential oils and have an expected lifespan of about 8 to 12 months.

The Baby and Children's Dream Cushions come with either a pink or blue satin/cotton frill. Dream Pillows are also available. Dream Cushions cost approximately \$30 and Dream Pillows approximately \$45.

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### ENVIRONMENTAL SOUND

'Keep Life Simple' is a new CD from Cammomile Acoustic Music (a mother & son duo from Apollo Bay in Victoria). The duo write all their own music and lyrics and their songs focus on environmental issues – Cammomile work in conjunction with The Wilderness Society. This is enjoyable and thought provoking listening.

Contact: Cammomile Acoustic Music, PO  
Box 227, Apollo Bay 3233.

### WASHING STONES UPDATE

In past issues of *Grass Roots* we have introduced readers to various types of ionised laundry discs/stones/globes. The makers of Cleantec Ceramic Washing Stones have some new information about the efficiency of the stones.

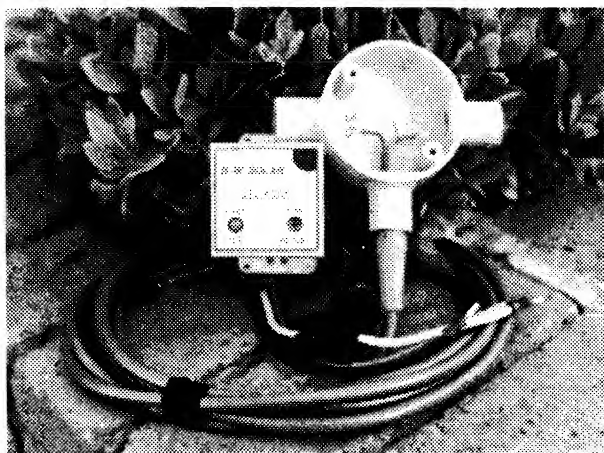
Cleantec had tests performed by AWTA Textile Testing (a division of Australian Wool Testing Authority Ltd) who conduct tests to evaluate the efficiency of commercial laundries. Swatches of fabric are heavily stained with soils such as carbon black and oil, ox blood, cocoa, and red wine. The tests found that all swatches of fabric had marked amounts of soil removed after washing with Cleantec Ceramic Washing Stones (between 17% and 29% of soil was removed).

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Freecall: 1800 646 323.

### SUNTRACERS

You can buy the electronic suntracer control separately or purchase it together with the linear actuator. Two SunTracer Controls are available: STC 124B suits all applications where power from a battery-bank is available. Its operating range is 12 and 24 volts. Price is \$150 which includes STC 124B, two clips, 10 metres of power cable and a fuse. STC 40, C, R or P, needs a power supply of minimum 17 volts or two solar panels in parallel (40 volts maximum). C has a built-in battery Charger and is connected to a 12 volt back-up battery which powers the linear actuator. R is fitted with a link between 7 and 8 on the relay base and so Returns to a fully eastern position after sunset, then switches off. P has a tilt switch fitted onto the frame and connected in place of the link 7 and 8 and so Parks in a perfectly horizontal position after sunset for its own protection in heavy or gusty winds and switches off. Price is \$315 which includes STC 40CR/P fused with battery in PVC box, Sensor with cable and two clips. Linear actuators are also available.

Contact: Bruno Wittwer, 9 Newborough St, Scarborough 6019.  
Ph/fax: 08-9341-8711.



# HYDATID DANGER

by Hans Kooij and Joh Timmers, Hobart, Tas.

We are concerned about an article published in GR 126 about Natural Diet For Dogs. It was masterfully written by Hannah Jewell from SA, with very good intentions. We do agree that it is sensible to feed your dog a well balanced and natural diet to keep it in optimal shape. However, we do not agree at all with her statement on feeding the dog organ meats. As a matter of fact it could be highly dangerous, and in Tasmania even illegal! It seems obvious that Hannah is not aware of a serious infectious disease called hydatid. The infectious agent is

*Echinococcus granulosus* (dog tapeworm). There is no vaccine available. It is produced by cysts that are the larval stages of the tapeworm *Echinococcus*.

If dogs ingest offal, especially from sheep and kangaroo, they may pass the disease on to humans. Several cases have been reported in the last few years and even reached epidemic proportions in Tasmania. Hydatid causes, in humans, an internal large cyst, which can only be removed by operation before it bursts and spreads through other parts of the body. It may be that several operations are necessary and it can in some cases cause death. Its most common site is the liver, or less commonly the brain, lungs, kidneys, heart, thyroid and bone.

The recommended prevention methods are:

- Educate the public on the danger of close association with dogs and on the need to wash hands after contact with them.
- Treat infected dogs and destroy un-

wanted dogs.

- Control the slaughter of animals, particularly sheep. The area should be enclosed to prevent access by dogs and have adequate drainage, an incinerator and/or disposal pit.
- Do not allow children to play with strange dogs, especially in rural areas.
- Dispose of animal carcasses as soon as possible.
- Report all stray dogs to the local council.
- Destroy wild and stray dogs in highly endemic areas.
- Control dogs on farms at all times and do not allow them to have access to vegetable gardens.
- Treat all dogs for *E. granulosus* regularly (every six weeks) in rural or endemic areas with praziquantel (Droncit).
- Do not feed offal to dogs.

Hydatid is a serious threat to animals and humans, especially in country areas. We suggest readers consult a professional or one of the many books available for more details.



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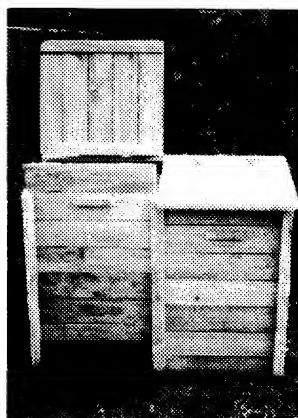
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# Recent Releases

On this page we present information about newly published books that we feel will interest readers, with details of prices and publishers. We no longer distribute books for other publishers so if you're interested in buying any of the books described here, please order them through your nearest bookstore.

## ★ FEATURE TITLE ★

### THE ASTROLOGY KIT

– devised by Grant Lewi, consultant Liz Greene

This kit contains the tools and references needed to simply and quickly cast a horoscope. Although Grant Lewi created this system before the Second World War, his interpretations are just as relevant today. It is for those who have an interest in a psychological approach to astrology rather than those wanting to use it as a fortune-telling tool. Lewi's interpretations are done through a synthesis of one planet's relationship to others in the chart and so are more

thorough and accurate than interpretations of planets in signs alone. A great deal of thought has gone into the design and presentation to ensure both appeal and usefulness. Attractively put together, fun to use, and revealing in its interpretations, the kit will delight anyone who wishes to understand astrology in more depth.

**Boxed set, including p/b book & other necessary items, Harper Collins.  
Ph: 02-9952-5000. RRP \$39.95.**



### THE PERSONAL FENG SHUI MANUAL

– Master Lam Kam Chuen

This book introduces the basics of Feng Shui and shows how the fundamental principles can be applied to the reader's own circumstances. Illustrations accompany the practical examples making it easier to comprehend. Some simple ideas to help in the development of healthy and harmonious living.

**P/b, 159pp, Hodder Headline. Ph: 02-9841-2800. RRP \$ 24.95.**

### 500 POPULAR SHRUBS & TREES For Australian Gardens

– edited by Loretta Barnard

An alphabetically arranged guide to 500 shrubs and trees with an indication of what areas of Australia they are best suited to. Gives basic information about each plant's requirements and limiting factors. Most plants are illustrated. A useful reference table at the back of the book lists each plant, whether it is a tree or shrub, climate zone, height at 5 and 20 years, deciduous or evergreen, and its uses.

**P/b, 288pp, Random House. Ph: 02-9954-9966.  
RRP \$19.95**

### GOOD FOOD FOR DIABETES – Ruby M. Brown

This is a book for the hundreds of thousands of Australians who suffer from diabetes – delicious recipes that meet the dietary restrictions required to help control the disease (low-sugar focus). The author is much experienced in the area of special diets – *Milk-free Cooking* and *Wheat-free Cooking* are two of her previous publications – and this book is approved by Diabetes Australia.

**P/b, 222pp, Sally Milner Publishing. Ph: 02-6236-3412.  
RRP \$19.95**

### THE HEADACHE & NECK PAIN WORKBOOK

– Douglas DeGood et al

This book explains how headaches work and behavioural medicine practices to prevent and restrict them. Conventional medicine has proven to be inadequate and of the 'alternative' remedies developed the authors claim that only behavioural medicine has scientific evidence of effectiveness. The book teaches readers how to use self-regulating skills, exercise/physical therapy and medication as the main components of a comprehensive plan for managing headaches. It will help those who suffer from headaches analyse the underlying stressors and develop a plan to control them.

**P/b, published by New Harbinger, distributed by Boobook.  
Ph: 02-4997-0811. RRP \$27.95**

### TRADITIONAL FOODS ARE YOUR BEST MEDICINE

– Ronald F Schmidt ND

This book begins with a chapter of studies of traditional societies, their diets and related health issues, and links health degeneration with the introduction of processed Western-style foods. It goes on to discuss the benefits of raw foods in general and 'naturally raised' foods in particular. Dietary causes of specific common health problems are discussed, as are recommended (and cautioned-against) foods, diets, food production methods to maintain good health. The book does not, contrary to the implication of the title, recommend a return to the diet of a more primitive traditional society (an impracticality for most of us in the modern world), but does show how the principles can be applied by everyone, no matter where they live.

**P/b, 270pp, distributed by Millenium Books, E J Dwyer.  
Ph: 02-9550-2355. RRP \$26.95**

### THE SECRETS OF THE RAINMAKER – Chin-Ning Chu

A voyage of self-discovery beginning with the development of inner harmony and relinquishment of the fear of death. This book 'reveals' a simple strategy for achieving success in life and its endeavours without stress. Many will find it esoteric and lacking in the practical nitty-gritty expected of this self-help genre; others will find it life changing.

**P/b, 214pp, Stealth Productions Australia. Ph: 02-9550-9207.  
RRP \$19.95**

### LET'S HAVE HEALTHY DOGS – Helen Cramer

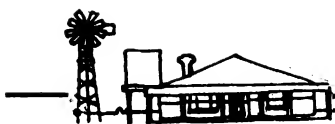
This self-published book is a very comprehensive guide to breeding, feeding and caring for dogs. The writer has over 30 years of experience in breeding and showing dogs and has devised a regime that combines natural feeding and remedies with (what the author considers to be) appropriate use of modern scientific knowledge. The natural remedies are mostly based on herbs, but also include use of fruits, vitamins and apple cider vinegar. Very useful for dedicated dog owners.

**H/b, 319pp. Available from: Helen Cramer, 43 George River cres,  
Oyster Bay 2522. Ph: 02-9528-9951. RRP \$39.95**

### LOOKING AFTER OURSELVES – Margaret Campbell

A self-published guide to maintaining good health and living a self-sufficient, planet-friendly lifestyle. Examines both practicalities and underlying values associated with life in today's world.

**P/b, 91pp, Telopea Books & Prints, 16 Rose Parade, Mt Pleasant  
2519. RRP \$10.**



# DOWN HOME ON THE FARM

by Megg Miller.

Never was rain more welcome than the showers that recently broke the summer-long dry spell. Just a week before this autumn break I found myself without water. Sure, I still had adequate supplies in the house tanks, it was the source which supplied the livestock and garden that had suddenly run dry. The water level in the dam had dropped too low for the foot valve to work. And this was after weeks of pumping from the bore so as to lift a small but regular flow into the dam. My use of water for the animals and plants, coupled with the evaporative loss due to the sunny weather, had outstripped the inflow. Suddenly I was plunged into the most awful panic. In fact, it is probably testament to my anxiety that I walked into the dam to check the foot valve without a thought for wet boots, clinging yabbies, or whatever other horrors are hidden in murky water. Normally, nothing would induce me to set foot in a dam.

Clearly, the bore water needed to be diverted so as to eliminate the evaporation. A holding tank seemed the answer. Some assistance from a friend resulted in the successful rerouting of the bore water and, as well, I'm now the possessor of a green poly tank. Coincidentally it coordinates with the colour of the sheds and hen houses!

It was a relief that what I'd envisaged could be a nightmare was solved without too much ado. Of course, there was also the matter of the cost of the tank. The experience of being faced with thirsty stock has left me with greater empathy for those whose predicament cannot be solved so easily. It's a fact of life that none of us really ever understands another's plight until personally affected. My ordeal, insignificant alongside those being experienced in other areas of Australia undergoing drought, nevertheless caused much anxiety and awakened me to the courage and tenacity of farmers who stand fast through droughts.

A surprising bonus came out of the rerouting of the bore water. Previously, it flowed straight to the dam, mixed with the water there, then was lifted back up by a second pump and circulated around the watering system. The dam is usually filled by flood water from local creeks, but it's been too dry for this the last year or so. Instead, the bore has needed to be

accessed. The dam water has never been particularly clean; in recent years there has been a chronic algal problem in the water containers. Twelve months ago it got out of hand during a particularly busy period and proved toxic to the turkeys, even killing a number. Because it was essentially a low-grade problem I accepted it, but have had to be very conscientious with management.

Imagine my delight when I realised the water now filling the poultry drinkers was clean, and even greater joy later when there was no evidence of the familiar nasty black or reddish algae. Suddenly I'd been liberated from hours of work; it had been essential during the summer months to scrub out the drinkers several times a week. With between 35 and 40 drinkers that's a lot of work and even if I cheated and missed a scrub, there would be a thicker build up that was more time consuming to remove. It adds up to . . . no, I can't bear to imagine how many buckets I've scrubbed out over the years. Nor do I wish to recall the disgusting residue that collected at the bottom of the three 44's after I scrubbed the sides down. Regardless of how careful I was, it always splashed up over me or clung to the bare skin on my forearms, and no amount of washing that day successfully eliminated the smell. Liberation comes in many guises, but for the life of me I can't think why one of the numerous, highly practical callers hadn't recommended this solution earlier.

I'm tempted to apply one of my mother's well worn proverbs to the situation, like not being able to 'see the wood for the trees'. Equally though, 'every cloud has a silver lining' may be appropriate, or even, 'it's an ill wind blows nobody any good'. I was very intolerant of these 'vacuous clichés', as I scathingly called them when young and self-centred, but these days I see the irony of their relevance. In fact, I've been known to roll a few off my tongue when I've thought they may offer hope and comfort, and blushed, not because of hypocrisy, but at the memory of what a pain I was in my twenties.

If I may just return to promises of silver linings and the like, and their actualisation, the miracle of the algae elimination enabled me to recently enjoy

a fortnight's holiday. I felt confident I could stretch the period between cleaning the drinkers to fourteen days without problems developing, or adding work to an already demanding caretaking job. So I brushed them all out, packed the backpack and removed one item from my worry list. And sure enough, the birds were all well on my return and the drinkers waiting patiently for their clean out.

I noticed too, an occurrence that has often accompanied holiday absences. I've frequently returned to find the fowls and turkeys in the wrong pens. Usually the number of birds per pen would be pretty close, but all sorts of varieties or colour combinations would be present. And you might laugh at this but I know all the faces, and could spot quickly who the outsiders were. The mix up has puzzled me for years, as there is no way I could achieve such confusion. 'The birds must have got out,' had long been the lame explanation.

The first morning back home I walked in to feed the ever-so-placid Faverolles, and two dashed out so quickly I swear they ran between my moving legs. So this was how they treated their caretakers – no wonder the pens ended up in bedlam. I'd like to believe the two portly hens were shamefaced at being caught out. Poultry may not be overly intelligent by our standards, but they're smart enough to discern who they can outwit. There is actually a well known piece of research that proved fowls stopped their bullying and their antisocial behaviour as soon as they heard their keeper's approach, replacing it with feigned acceptable activity. My birds must be familiar with this report.

It was good to solve this longstanding puzzle and to appreciate more fully how difficult caretaking may be. Now a new mystery has arisen. Driving along the road soon after returning I noticed a small bucket in the grassed verge, a kilometre or two from home. Upon stopping for a closer look to see if it was useful, I discovered it was one of mine. So how did it get there? Surely it's not the pesky chooks this time!

It was lovely to come back and discover the surrounding paddocks had all turned green. Even the sides of the drive-



way and the area around the sheds boasted a green tinge. The garden too is quickly recovering, but there are a number of casualties that will have to be replaced. The weeks before Easter were very warm here and, coupled with the water shortage, left many herbs and normally tough perennials dead. It's quite disappointing to have coddled them through the worst of the heat and then lose them like that. I noticed as well that most of the plants I'd bought at the start of autumn, in the hope it would soon rain, have also died. There are some nice celery and broccoli coming along, plenty of silver beet, a few lettuce and goodness knows what else. And there is lawn to cut again, so actually things are good. I'd have reason to gripe if it was still all dry and grassless.

Well, reason or not, I've got a grumble. The first thing I noticed on entering the house on my return was the pervasive smell of mice. It was strongest in the kitchen, although I haven't found any droppings. It was so offensive I was forced to boil up a mixture of citrus peel and spices to sweeten the air. Because of deadlines there hasn't been an opportunity to vacuum the cupboards and behind the dresser and fridge, but that's what's needed to remove the smell. That and a proactive programme to control those intruders.

Their presence caused a terribly embarrassing incident some weeks back. Josie, a friend who is at uni now in Bendigo, came over for the weekend. I made up a bed for her on the sofa lounge and generously filled the hot water bottle. Because it was late and I'd been out and about all week, I fell asleep the moment my head hit the pillow. I was awakened later by a small voice calling, 'Megg, Megg, wake up'. It was an effort. The hot water bottle had leaked all over Josie's bed. Poor kid, she'd been 'washed out' for over an hour. We found towels to mop up and fresh linen and a dry doona. I opened out an extra blanket in case the night got cold and out came a mass of chewed up wool that had obviously once formed the maternity wing for many mice. It was one of those moments when there is nothing you can say. Amongst the woolly nests was the usual array of droppings, unnoticed by me at the time because I wasn't wearing glasses. What a night for Josie! She survived it and the rest of the weekend and it's still the cause of much mirth. The incident also signified war on rodents.

You wouldn't believe the extent of their damage – or inconvenience – last year. They pooped in every drawer or shelf that wasn't used regularly, which is why their efforts are still being discovered now. And they did not choose cheap and nasty things to chew holes and nest in, but good blankets and tablecloths and favourite clothes. Don't write and suggest I use lavender oil or moth balls, unless the lavender is to relax me. I'm out to eliminate, not deter. Moths balls? Well . . . last night when shifting books on the hall shelves in search of light reading I noticed a couple of silverfish. Which in turn may explain why several of my woollies have little holes in them. The way things are going I may have to take a couple of weeks off to get rid of all these pests.

I've had Suni on the phone mouthing obscenities about being inundated with mice. They've been in every kitchen drawer and shelf and, despite the application of considerable 'rodent control', have been very slow in going. To add insult to injury the local possums have stripped her garden. She doesn't know that I've found silverfish there too. She wants to move to a place where nothing can get in and there are lots of gardens possums can persecute so the damage is spread around more evenly. Don't we all! It wouldn't have been fair to mention the large cockroaches that abound in the purportedly impenetrable houses of Sydney acquaintances, nor the ghastly wriggling millipedes that seasonally plague the homes of Adelaide friends. When you're suffering who wants to know every place has its problems, or should I say, pests.

But do they? Surely those nice, clean high-rise apartments that are springing up around cities everywhere are pest free? Fortunately, the lure of the land still holds me or I'd be thinking of alternatives to my homely wildlife refuge. The de-mousing and de-silverfishing of the house is an appalling thought – but I guess it is a marvellous opportunity to tidy up and to get rid of unused or unneeded items. It will provide plenty of time too for comparing new apartments with old houses, the former of which, despite their finer points, could never equal the adventure found with the latter. By the way, I haven't told you about Claude yet have I? Claude is the humungous huntsman that polices the ceilings in the house. Oh well, next time.

## PENPALS

Hi, my name is Glenn. I'm 31, interested in classic movies, alternative lifestyle, fly tying, bartering, aspects of self-sufficiency, reading, creative writing. Beware, am an avid letter writing addict.

**Glenn Walles,  
C/- Christchurch PO, NEW ZEALAND.**

My name is Mapule. I am ten years and my hobbies are writing letters and cooking. I love horses and cats; I love getting letters too. I do not mind if you are a girl or boy.

**Mapule,  
C/- PO Box 117, SEYMOUR 3661.**

I am a 36 year old single mum of a 10 year old daughter. Interests are swimming, the beach, cooking, animals and some gardening and crafts. Any age, male or female, wanting someone to receive and write letters to.

**M Harris, C/- 46 Diamond Head Dr,  
SANDY BEA CH 2456.**

Hi, my name is Cassandra, I am almost ten. I would like penpals aged 8-12 years in Australia and overseas. I am home educated. I like animals, reading, art and craft and more. I will answer all letters.

**Cassandra A,  
C/- PO Box 117, SEYMOUR 3661.**

Hi, my name is Michanne, I'm 7 and I like drawing, writing and animals. I am a home schooler and would like a penpal from about 6-8 years.

**Michanne,  
C/- PO Box 117, SEYMOUR 3661.**

Hi, Alana who is four and a half years old, would like a penpal around her age to exchange short letters and pictures with.

**Alana A,  
C/- PO Box 117, SEYMOUR 3661.**

Hi, my name's Doug and I'm 15 years old. I do a year 10 correspondence course. I'd like penpals aged between 14 and 18 years old, boy or girl. My hobbies include horses (we've got three) and aircraft. I also like bike riding and do drama classes.

**Doug A,  
C/- PO Box 117, SEYMOUR 3661.**

*Continued from page 47*

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# GRASSIFIEDS

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## PROPERTY FOR SALE

### NEW SOUTH WALES

**BEGA VALLEY/BEMBOKA**, shop, residence, partly renovated, suit restaurant, great position. \$80,000 ONO. Ph: 03-9859-7829, or 018-356-266.

**SMALL VILLAGE IN YOUNG SHIRE**. Cottage newly renovated, furnished, estab f/trees, grape vines, lge vegie garden, 1/2 under shadecloth. Large shed, chook shed, 12 hens. Large shop premises - grocery, furniture, joinery. \$75,000. Ph: John, 02-6383-2221 any time.

**MOONAN FLAT, NSW** - 1 1/2 ac in sml village. Fenced, power on block. \$20,000 ONO. Ph: owner, 02-4283-3382.

**BUSH BLOCK - BANDI BANDI** via Kempsey, mid nth coast, 480 ac heavily timbered, approx 30 ac cleared, perm crk, 2 dwellings, 45 mins to Kempsey. Ideal for self-suff people looking for peace & tranquillity. \$70,000. Ph: 07-6562-4470, or 015-007-820.

**JOHNS RIVER**, 3 b/r brick veneer & tile house on 10 ac of private semi-undulating frost-free land. Four hrs from Sydney, 30 mins Port Macquarie/Taree. Tank & bore water, tractor, slasher. \$139,000 ONO. Contact owner, 07-5598-7778.

**UPPER HUNTER VALLEY**, peaceful retreat 30 km south of Merriwa, 40 acre property on perm river surrounded by nat pk. Large 3-4 b/r home. Combustion heater in lounge, s/c/cookstove in kitchen - heats hot water. Generator, water pumps, new carpets, septic, estab gardens, f/trees. Abundant wildlife. Phone connected. Priced to sell. \$88,000. Ph: 02-6548-2837.

**ONE-EIGHTH SHARE** in 40 ha estab, approved MO, 40 km NW Grafton, 10 km Copmanhurst on main rd. 1.5 ha site, mains power, ph, reticulated dam water, vegie garden. Reliable water, share tractor, slasher. Eight adults, 3 teenagers resident. \$20,000. Ph: 02-6647-3129, 02-6647-3168.

**SECLUDED BUSH BLOCK** (36 ha) on Burra Creek, adjacent Deua Nat Pk, 20 km west of Moruya. Pristine perennial water supply; ca 5 ha cleared incl alluvial crk flat & sml orchard; remainder bush with rich flora & fauna. Fully fenced, building permits avail. \$129,000. Ph: 02-6658-5974.

**TANJA, NEAR BEGA AND TATHRA**, 16 ac, mostly bush, sml dam, power, mins to beautiful beaches, nat pk, school. \$56,500. Ph: 0417-411-062.

**CLOWNS FORCED TO MOVE** to paradise so must sell. Dungog, Barrington Tops area. Sydney CBD under 3 hrs. Attractive WW1 w/b cottage. Large block on edge of town. Great views from beautiful new verandah & upper level, 3 b/rs. Large rooms, high ceilings, stained glass. New roof, guttering, bearers. Permaculturesque garden planted for fruit, flowers & fragrance. Bathroom/laundry need work, that's why it's cheap. \$85,000. Ph/fax: 02-6689-1844.

**TWO STRATA TITLE SHARES** of 2 ac ea for sale in Billen Cliffs Community, 35 km from Lismore. 1) At \$49,500 (not neg), spacious solar timber cabin amongst stand old-growth trees, loft, 1 b/r and verandah. 2) At \$39,000 (neg) solar timber cabin, 2 rooms, loft, shower, separate studio with loft, 3 tanks, 2 spring-fed dams, 3 sheds amongst estab f/trees & regenerate rainforest. Ph: 02-6633-7040 AH.

**OLD STYLE HOME**, good condition, painted, renovations, sheds, gardens, good location, country town, Texas Qld. \$45,000 ONO. Ph: 07-4653-1518.

**RARE PRIVATE LAND** in area of nat pks & state forest inland from Eden on the far sth coast of NSW, near the Vic border. Owned for over 30 years, we are now too old & fragile to think of living there or developing it. Two blocks, each with long crk/river frontage & access from 2 sides. All forest, good soil, plenty of water, wildlife galore. Your own private wilderness or share with friends or perhaps sell some, keep some. 120 ac - \$79,000; 220 ac - \$129,000. Please ph: 02-4784-1020.

**MID-NORTH COAST**: Heritage style cottage, 1 ha NE aspect, spectacular valley views. Exposed beams, stained glass, french doors, cork tiles & hardwood floors. Combustion heater, gas cooking, electricity, solar back-up, water access, pump. Beaches - 30 mins. Rented for \$130 p/w. \$115,000. Ph: 02-4787-1207.

**SECLUDED BUSH RETREAT**, 130 ac Tabulam near Casino. Tall millable timber to build your log cabin, 2 dams, 2 cleared house sites. Bargain \$35,000. Ph: 02-4844-5420.

**ARMIDALE, FIVE ACRES**, elevated bush block, sealed rds, elec, ph, school bus, 15 km from Armidale. Lots of trees, birds, native flora & fauna. \$55,000 ONO. Ph: 02-6775-2406.

**MACLEAN - BROOMS HEAD**, flood-free, 5 acres, fenced, 3 paddocks, timbered and cleared. Native & tropical f/trees. Town water. Primary school 1/2 km, 7 km Maclean, 19 km beach, 50 km Grafton. Three b/r sandstock, timber, slate home, converted double garage. Sub-division potential. \$141,000. Ph: 02-6775-1672.

# GRASSIFIEDS

## PROPERTY FOR SALE NEW SOUTH WALES

**WARRUMBUNGLES, NW NSW**, self-suff ready to go, 47 ac, cow yards, chook yards, orchard, herbs, 5000 yd dam, fish, yabbies. Five b/r, cyprus pine, lounge, dining, kitchen, verandah, glass, shadehouse, lge shed, 15,000 gal r/water. Ph: 02-6848-1180.

**SOUTH COAST**, 19 km west of Bodalla, serene, beautiful 20 ac, near lock-up mud/stone cabin, dam, shed, perm crk. \$89,500. Ph: 02-4473-5381.

**SOUTH COAST**, 12 km west of Bodalla, 2 storey, loft style, 3 b/r home, en suite, WIR, built-ins, huge shed, guest garage, 40 ac, 10 ac fenced. Beautiful mtn views, close amenities. \$180,000. Ph: 02-4473-5381.

**DEVA RIVER – MORUYA**, land for sale, perfect retreat. Kangaroos, wallabies, quolls, platypus, bass, lyrebirds, old-growth forest/r/forest gullies. Ph: 02-4474-2935 AH.

**BILLEN CLIFFS**, 35 km Lismore, 2 ac, excel building sites, easterly aspect, good soils, perm spring, magnif views, walk to shop, craft centre, hall, public & Steiner schools close, secure title, no through traffic. \$20,500. Ph: 02-6254-4255 AH.

**FAR SOUTH COAST**, Towamba Valley, 14 sq passive solar mud brick house on 8 ac. New fencing, orchard & lge vegie garden watered by spring. Property inside village bndry, 300 m to school, 500 m to shop. Suit young family, artist or independent woman. \$88,000 ONO. Ph: 02-6496-7064.

**NANA GLEN RAIL**, 25 km west Coffs Harbour. Cleared 2 ac block, zoned 2B, crk frontage, power, water, ph. Great views, nice neighbours. \$40,000 ONO. Ph: 02-6548-2427.

**BEMBOKA, NSW**, 100 ac (40 ha) bushland, perm water from spring-fed crk. One bndry state forest, parallel bndry crk with swimming holes. Choice of beautiful house sites. \$59,000. Ph: 03-9882-8583.

**NIMBIN – SIX ACRES**, 2 storey pole frame house, 2 car garage, big shed with power & water, 200 citrus trees. Local market. Three dams and town water. Nimbin 2 km, Lismore 30 km. Grey water system, solar hot water. \$230,000. Ph: owner, 02-6689-1320.

**BYRON HINTERLAND**, approved MO on 33 nth facing acres, 3 shares with houses, dams & catchment. Only 25 mins to Byron Bay & 20 mins to Lismore. Asking \$465,000. Contact: Erik Bigalk on 0419-270-250, or at Ray White Real Estate, Bryon Bay.

**NORTH COAST**, 2.37 ha of fertile land with abundant water, 3 b/r home, verandahs, lead-light/coloured glass windows, polished timber floors. Elevated with storage rooms, cellar & workshop underneath. Separate studio. Ten mins on sealed road to town & beach. School buses at door. \$165,000. Ph: 02-6682-8194.

**To avoid disappointment ensure  
your ad meets our deadline**

**DEADLINES: GR 128 – JUNE 30TH  
GR 129 – AUGUST 30TH**

**THORA/BELLINGEN**, outstanding 3 b/r stone and timber house. River frontage, r/forest garden setting, 1/4 share estab organically certified MO, 25 mins town on sealed road. Mains power, solar HSW, Rayburn Royal s/c/stove, gas stove, Coalbrookdale s/c/heater. French windows opening onto extensive verandahs. Garage, concrete block shed, 1/2 irrigated ly-chee orchard. Two cabinet timber plantations. Sophisticated community infrastructure. Share community orchard, tractor, implements etc. Public and Steiner Schools nearby. \$265,000. More information: 08-8088-3804.

**NORTHERN TABLELANDS**, 20 ac (8.09 ha). Subdivided into 2 main paddocks, 4 sml paddocks with 2 lge dams & 1 sml dam. Very neat 2 b/r cottage. Car shed & garden shed. All facilities. Conveniently located, approx 40 km from Walcha. \$89,500. Ph: AB Elder & Co, Walcha, 02-6777-2187.

**KYOGLE DISTRICT HOME** with river frontage. Renovated 3 b/r home on 3 1/2 ac. Features pine timber linings, spacious c/port for outdoor living. Daily bus & mail service. Local school 3 km, 15 mins Kyogle, 1 hr Lismore, 2 hrs Brisbane. Steel frame shed, 20x40' (cement floor) with power & water, currently rented out. Could run horse or cow or market garden. \$95,000 ONO. Ph: 02-6636-4279 AH.

**MID NORTH COAST**: 48 ha bush retreat, perm crk, well timbered, power & ph avail. Several home sites, school bus, 19 km to town, 40 mins to beaches. Valued \$77,000, reduced urgent sale \$63,000. Ph: 02-6568-8214.

**OWN YOURSELF AN INVESTMENT**, 5 1/2 ac or 11 1/2 ac titles in beautiful village of Towamba 30 mins to coast, west of Eden, Towamba River & Egan Peaks view. Partially timbered & with power & ph. Offers around \$45,000. All enquiries to: Deborah, 02-6496-7038.

**MID NORTH COAST, MANNING**. A tranquil retreat, this grand homestead on 23 ac immediately relaxes you. Breezy Qld style, perfect nthly aspect, 100% recycled Australian hardwood, mostly red mahogany, 15 mins to Wingham. \$220,000. Ph: 02-6550-5021.

**MANNING VALLEY HINTERLAND**, 200 secluded acres. Creek flats to undulating, 2 dams, some creek frontage, 30% cleared, 15 minutes to Wingham. \$125,000. Ph: 02-6550-5021.

**NORTHERN RIVERS** – Mallangane/ Casino, 7 ac f/hold, fenced, power, ph, school bus, good soil. Studio weekender, 4 dams, billabong, crk. Suit permaculture/aquaculture. \$49,000 ONO. Ph: Mick, 02-6662-5375.

**CANBERRA – COUNTRY MEETS CITY**, passive solar, double brick, 2 b/r house with sep office/retreat. Private, 1100 m² block opens to reserve – fabulous views of Canberra & Brindabellas. Watering system throughout garden. Ponds, rock walls, vegies, f/trees, natives. Double c/port, s/c/heater, dishwasher. Ten mins from city centre. \$155,000. Ph: 02-6241-3163.

**CENTRAL COAST RAINFOREST** retreat. Wake to the sounds of bellbirds, whipbirds, lyrebirds, regent bowerbirds & gaze into your own r/forest of cedars, coachwoods, palms, ferns etc. Wildlife incl wallabies, bandicoots, possums, gliders, frogs, yabbies etc. Property is 5 ac of chemical-free r/forest, perm crks, bush foods, permaculture style & ornamental gardens (all low maintenance), kids' paradise playground. Home is a 4 b/r, 2 bathroom, solar-efficient, warm earthy interior, s/c/fire (free firewood), 2 car accom, beautiful views into r/forest. Extras: chook pen, greenhouses, irrigation, workshop, sheds & walking tracks. Location: minutes to beaches, shops, schools (incl Steiner), 40 mins to Sydney/Newcastle (easy commuting) privacy is assured on this peaceful rare to find acreage. Asking price \$395,000. Ph for details: 02-4367-6167.

**NYMBOIDA**, 30 ha forest, 3 ac cleared, 2 b/r, mud brick house, 12V solar power & gas. Guest room, w/shop, woodshed, chook house, vegie garden, f/trees & estab gardens, lge dam. Great local community, school bus. \$130,000. Ph: 02-6649-4274.

**ORGANIC VEGETABLE/HERB FARM**, 100 ac bush block with 2 ac intensive production area, NASAA certification with irrigation, machinery & packing shed, poultry yards, orchard. Deliveries to Canberra 80 km, Goulburn 50 km. Nearest town Tarago. Wildlife refuge. Two bed cottage, wood heater, air cond, power, ph, 2 dams, 1 natural waterhole on seasonal crk. For lease or sale. Ph: 02-4844-5297.

**MID NORTH COAST – MOORLAND**, 16 ha of tall timber & privacy. Red volcanic soil, perm water, 6 km from Crowdy Head. 700-tree orchard – mango, exotic fruits & nuts providing self-suff, seed & budwood for wholesale grafted tree nursery. Architect designed post & beam house in superb bush location. Very profitable business, owners can instruct. Ph: 02-6556-3148.

## QUEENSLAND

**BEAUTIFUL** 102 ac block, f/hold with power & ph at gate, h/way frontage, lge dam, school bus at gate, new bndry fencing, good timber & mud to build house, 15 min drive to the town of Dalby. Ph: 07-5596-3454 for the bargain of the day.

**MALENY, CHARMING** w/red cedar cottage, cathedral ceilings, cosy fireplace, 2 b/r (one a loft), lounge, dining, timbered kitchen, all rooms open onto broad covered nth-facing decks with magnif views. Large shed, sleepout. One ac, with landscaped gardens, lush & tropical, 6 mins to Maleny, Montville, 30 mins to beach, 1 hr Noosa, 1 1/4 Brisbane. \$230,000 ONO. Ph: owner, 0419-025-697.

**OWNER GOING OVERSEAS**, former town market garden, Mt Perry Qld, 6475 m² with crk frontage. \$15,000 ONO. Ph or fax: 08-9185-4605. Must sell.

**EDMONTON**, 15 km south Cairns, 1/4 ac, 3 b/r house, verandah, c/port, 2 sheds, 15 estab f/trees, organic vegie garden, back fully fenced, lge chicken coop/aviary. Close bus, schools, shops. \$135,000 ONO. Ph: 07-4055-5696.

# GRASSIFIEDS

## PROPERTY FOR SALE QUEENSLAND

**LEAVE THE RAT RACE.** Modern steel frame home on 44 ac, main b/r a/c, f/furnished with modern furniture, security lights, power, ph, septic tank, 8000 gal water tank, lge dam, landscaped gardens with irrigation, 6x6 m shed & 3 m shed. Sale incl Ford tractor with implements & 14 HP ride-on mower. School bus at door. \$75,000 ONO. Ph: 07-4665-3537, Tara.

**DEUA RIVER NATIONAL PARK,** 15 mins Moruya. River frontage, 60 ac, 8 ac managable paddocks, some r/forest, 3 b/r home, school bus, ph, solar. Offer for quick sale. Evenings, 02-4474-3091.

**SOUTH-EAST QUEENSLAND,** Tara, new Colorbond Tri-steel building on 9x15 m concrete slab, 4 dbl glass sliding doors, 8 lge windows, 3 m covered verandah 3 sides. Thirty acres fully fenced, house paddock cleared. Two new water tanks on stands, dam, septic, ph connected, power nearby. \$45,000. Ph: owner, 07-4669-8324.

**SUNSHINE COAST HINTERLAND** (Conondale), 15 mins to Maleny. Rural retreat, 50 ac. Rainforest gullies, hardwood ridges, crk, dams. Two dwellings, 1 bush retreat, shed. Solar, gas & ph. \$175,000. Ph: 07-5499-9064 AH, 07-5494-3373 BH.

**DARLING DOWNS,** 160 ac, 3 b/r home, fully fenced, 2 dams, cattle yards, 25 mins to town, school bus at gate. \$98,500 ONO. Ph: 015-131-119.

**PERFECT FOR PERMACULTURE** or retirement. Only 25 mins to Gin Gin, 1 hour to Bundaberg. On school bus route. Secluded, timbered, 10 ha gently-sloping valley bush block, with sandy loam. Creek front & rear. Five meg dam + ponds. Established f/trees. Water & wildlife in abundance. Newly fully fenced. Adjacent to bushland, opposite reserve, 9x12 m steel-frame home to basic lock-up, with compost toilet. Plus 9x9x3 m high Nu-steel shed. Complete with livestock. Many extras. Ill health forces move. For quick sale only \$69,800. Ph: 07-4157-6540.

**TORBANLEA,** 25 km nth of Maryborough, 1 ac with weekender, part furnished, pergola, garage/sleepout, f/trees, rockeries, fenced. All services. \$55,000 ONO. Ph: 07-4124-9787.

**CLEAN MOUNTAIN AIR,** wildlife, native trees, Duplex on 5.8 ac, 2x2 b/r, s/c units or convert to 1x4 b/r house. In quiet area. Dam, 2 car accom, wood fires, power, ph, rural rates, ride-on mower. \$129,000 ONO. Ph: 07-4163-0725, or 07-4163-0965.

**KOUMALA,** 60 km south of Mackay, 50 acres, 2 sheds (6x12.5 m)/(9x12 m), septic, H-shower, power and phone. Living area in 1 shed. Registered 6 megalitre p/a bore with automatic irrigation system from 6000 gal tank. 28 established lychees, 26 mangos developing. 50/50 grass flats and open forest ridges. Good fences. Semi-tropics, good annual rainfall. Idyllic hidden away spot, end of country road, 7 km to school and store. Abundant wildlife. \$150,000 ONO. Ph: 07-4950-3987 after 7pm.

### PLACING AN AD?

See page 71 for details

**CAPRICORN COAST,** nth of Yeppoon, 2 1/2 ac virgin soil & deluxe 2 b/r liveable Colorbond shed. Power, ph, spring bore & 2000 gal tank. School bus to door. All-weather sealed rd. Elevated position, ideal small orchard, quiet lifestyle. \$112,000 ONO. Ph: 07-4939-7355.

**RURAL ESCAPE,** 103 ac, Gin Gin, f/hold, 2 dams, spring-fed, mostly fenced, huge shed, c/van on site, solar power, access to ph and elec lines. Very quiet and secluded. \$65,000. Ph: 07-4934-1497.

**PALUMA PARADISE,** house in r/forest, 792 m<sup>2</sup>, 3 rooms now used as craft shop, + 3 b/rs, lounge/dining. Double garage/workshop. Power, water, ph. Established garden edged by r/forest and full of birds. Paluma village is surrounded by nat pk at a cool 1000 m, 1 1/4 hr nth of Townsville. \$150,000. Ph: 07-4770-8519.

**GYMPIE, SOUTH-EAST QLD,** 3 ac, 25 mins nth. Private 3 ac, native eucalypt forest, gentle NE slope, seasonal crk, power, ph avail. Close shops, school, pub, beaches. \$20,000 ONO. Ph: 07-5483-1507.

**FAR NORTH COAST,** beautiful 3 b/r house, 2 ac, huge verandahs, polished floors, cathedral ceilings, stained glass entrance, solar/hydro power, combust stove/3-way hot water, self-cont 2 b/r cabin, shed & c/port, 2 crks, 5000 gal holding tank, estab organic gardens, fenced vegie garden, r/forest regrowth, plenty of wildlife, strata title, pre/primary/Steiner schools, shop within 10 km, school bus service into community, community estab for 16 yrs, 35 km NW Lismore, 65 km from coast. \$120,000 ONO. Ph: 02-6621-3889.

**CHARTERS TOWERS,** 2 b/r miner's cottage, 1 1/2 ac fenced, shed, bore & f/trees. \$75,000. Ph: 07-4787-3931.

**WOODFORD – FIVE ACRES** plus rainforest creek. Huge dam with fish, turtles and yabbies. Lovely large old Qld'er 5 b/rs + 2 guest huts. Tropical fruit orchard, bananas, herbs and home vegie garden. Walk to school and shops – sealed roads. Two paddocks for horses or anything. Presently has a natural therapy practice and yoga classes. \$150,000. Ph: 07-5496-3151. A bargain!

**EAST GYMPIE** 10 mins, 2-3 b/r house, 4 ac, 6x10 metre workshop, groundwater, perm creek, estab trees. Main rd access. Ideal home business. \$105,000 ONO. Ph: Antony, 07-3358-1611.

**HINTERLAND LIFESTYLE INVESTMENT.** Noosa 25 minutes, Pomona 5 mins. Four subdivided timbered blocks. L-shaped 2 b/r house. Enclosed courtyard, patio, BBQ area. Separate lounge, dining, kitchen, bath, toilet. Carport, garden shed. \$190,000 the lot, or house \$90,000, blocks \$35,000 ea. Ph: 07-5485-1062.

**Subscribe to Grass Roots  
and you'll never miss out!**

**NOOSA, RARE ELEVEN ACRES,** 10 mins shops/beaches, private, r/forest/crk, abund water, organic garden, room for orchard/crops. Investment assured, prestige area, rezoned future subdivision if desired. Lovingly crafted earth brick cottage, silky oak windows/french doors. We have spent seven wonderful years here, this can be your time. \$325,000. Ph: Tara, 07-5449-1186.

**INNISFAIL/TULLY.** Totally secluded 30 acres, 13 arable acres surrounded and protected by rainforest. Views of valley, gravity-feed water from perm springs for domestic and irrigation. 182 m<sup>2</sup> shed for workshop/living, septic, air-conditioned office plus 2 implement sheds. \$155,000, or \$168,000 with plant (neg). Ph: 07-4721-6423.

**KOOKABURRA PARK ECO-VILLAGE,** 1acre with 360 acres of parkland. Safe, clean, quiet village-style living. \$30,000. Possible vendor finance or part trade. Ph: Barry, 07-4157-2850.

**BEAUTIFUL FIVE-HUNDRED ACRES,** 15 mins to best sml town in Qld – Stanthorpe. Modern home (200 sqm), 5 b/r, solar power, creek, dam, wildlife. Permit for homestay. Ph: Les, 07-4683-4232.

**SOUTH BURNETT AREA,** 21 ac, 10 km town, close to meat works, wineries, 2 houses, 4 b/r, c/port, fibro, screens, carpets. Smaller house, timber & Besser block, 3 b/r, c/port. Small shed, cattle yards, crush, loading ramp, approx 50 ass f/trees, 2 dams with pressure pump, rural water scheme, water reticulated to all points, good soil, 10,000 gal tank water, semi-frost area. \$175,000. Would consider exchange. Ph: 07-4168-4675.

**SEVENTY PRISTINE ACRES,** Border Ranges, SE Qld, 10 mins town, 2 1/2 hrs Brisbane. Weekender with serviced access & ph. Spectacular views, surrounding nat pk & wineries. Ginseng growing conditions. Ten mins Stanthorpe. Live, work, relax. \$59,000. Ph: 07-3408-7700, 015-580-544.

**DECEASED ESTATE,** neat 2 b/r/sleepout etc, Hardiplank house in town. All services, 1 1/2 hr Sunshine Coast or Brisbane. \$45,000. Ph: 07-5424-7192.

**MURGON AREA, HOBBY FARM,** 2 dams, 20 ac, 3 km to town, cleared, fenced, farmhouse, 3 b/r, sleepout, c/port, lge workshop, 5 r/w/tanks, town water, pressure pumps, gas stove, power, ph, septic, mixture f/trees. \$130,000 ONO. Ph: 07-4168-1716.

**FISHING RETREAT,** absolute waterfront, f/hold cottage. Power, ph, septic. Located Barratta Creek 1/2 way between Townsville & Ayr. Owners transferred. Fantastic fishing & crabbing. \$52,000 ONO. Ph: 07-4162-2609. Ask for Shirley.

**DARLING DOWNS, COMFY COTTAGE,** 1 1/2 b/r, lounge, lge kitchen, flush loo, usual ablutions, c/port, w/shop, etc. On 17 ac unspoilt bush, + further 20 ac 600 m away. Cottage block on sealed rd, both blocks have ex dam sites. Local township all services, and 1 1/4 hr to Toowoomba. Ample casual & perm work. Cottage requires interior tidy up. Price \$60,000 ONO for the twq, + most furniture. Ph: 07-4695-4117.

# GRASSIFIEDS

## PROPERTY FOR SALE

### VICTORIA

**BARGAIN, SIXTY-TWO ACRES**, cottage, vegies, mixed f/trees, SEC, running water. Benalla area. \$97,000. Ph: 03-5764-4225.

**SECLUDED MOUNTAIN TOP** far east Gippsland. Tall forest hideaway, 300 ac in 3 titles. Views of Snowy Mountains, deep red basalt soil, 150 ac cleared grazing, good access. Springs, tree ferns, lyrebirds, teeming bird & native wildlife. Superb timber & stone for building: white stringybark, messmate, shining gum, maidens gum, silvertop ash. Historic gold mining area, occasional winter snows, 840 m elevation, 90 km Orbost, 160 km Cooma or Bega. \$240,000. Ph: 02-6458-0229 BH, or 02-6458-0256.

**DUNACH, TEN ACRES**, picturesque views, 2 dams, close to towns/schools. Telstra & Powercorp avail. Cleared homesite with round cement slab suitable mud brick house (on hill). Well treed, boundary fencing good. \$32,000. Ph: 03-5464-7293.

**SOUTH GIPPSLAND: BUFFALO**. Energy efficient 2 b/r western red cedar home on 2.3 ac adj bush reserve (9 ac - lease held). Fully insulated, pine lined, n/w-facing windows, slate floors (excluding b/rs), solar/elec hot water, wood heater, double garage/shed, 2 water tanks (12,000 gal), stock yard & elec fences. Secluded but within walking distance of general store/PO & primary school, 1 hour Wilsons Prom, Yarram. Half hr Leongatha, Waratah Bay. Melbourne 2 1/2 hours. Well maintained, partially furnished. Price: \$93,000 ONO. Ph: 03-9328-1498.

**AS-NEW THREE BEDROOM** brick veneer home on 1/4 ac, fenced, en suite, lock-up garage. Near Murray River & Hattah Nat Pk, approx 60 km from Mildura. Great value. \$69,000. Contact Dean Slorach (agent). Ph: 014-476-031.

**ALEXANDRA/BONNIE DOON AREA**, 71 ac, fenced, 2 b/r cedar house. Two dams, 2 lge tanks, elec/gas/solar, 40x20 steel garage. Magnificent views, see it - you'll love it. \$105,000. Owners located elsewhere. Must sell. Ph: 03-5772-2564.

**ALEXANDRA**, 2 b/r cottage, lge corner block, tenanted \$95 week. Good investment \$39,000. Ph: 03-5772-2564.

**MELBOURNE**, 1 1/2 hours, undulating 27 ac native bush block, off the Maroondah Hwy, close to Cathedral Ranges. Fern gullies, views, beauty & seclusion, ideal land for wildlife. Driveway to housesite & dam, power avail. Inspection will confirm this quality property. \$79,500 ONO. Call owner, 03-5976-1090, any time.

**MERINO, SOUTH-WEST VICTORIA**, 4 b/r home, excel order, 2 acres, orchard 33 fruiting trees, big producing organic vegie garden, spare livestock paddock, 100 blue gums for future wood, lots of decorative trees, estab gardens, lovely views, town water, combust stove, combust heater, o/f/place, tons of dry wood to use, large s/f shed + workshed. \$85,000 ONO. Ph: 03-5579-1431, evenings best.

DEADLINES: GR 128 - JUNE 30TH

GR 129 - AUGUST 30TH

**MURRAY RIVER, BOUNDARY BEND**, 3 b/r house, 1/2 ac. Air cond, o/f/place, 1 lge shed, garage, workshop, 3 sml sheds. Estab fertile native, cottage, lge vegie garden, f/trees. River/rain water tanks. Three km school, PO, 300 m river. Swan Hill 85 km. \$55,000 ONO. Ph: 03-5026-8237.

**TAWONGA SOUTH**, facing Mt Bogong, 500 m<sup>2</sup> block with water, fences, 3 km to Mt Beauty township, schools, hospital. Ideal retirement/holidays. Photo avail. \$16,000. Ph: 03-5250-4686, or 0418-509-241.

**WEST VICTORIA**, 40 ac native bushland. Bus & dam, views Glenelg River. Ph: 03-5562-3085.

**CASTLEMAINE/CHEWTON**, 43.3 acres native bushland, mud brick 6 room home, potbelly, slow combustion stoves, open fire place, LPG; + studio home incorporating railway carriage, open fire place, solar power; + cabin with potbelly stove. Five dams. \$190,000. Ph: 03-5472-4027, 03-9396-1997.

**RIVER FLATS**, 22 1/2 ac, surrounded by mtns on Tambo River, 20x40' double insulated, lined shed with verandah, 1 or 2 b/rs, bathroom, laundry, kitchen/living, slate & carpet floors, dbl oven wood stove, gas HW & cooktop, solar & gen, 4 berth c/van for guests + 14x12' room, potbelly stove & cold water tap. Orchard, big garden, chook pen, 2 tanks. Mt Hotham 45 mins, Swifts Creek 15 mins. Walk to school bus, very private & secluded. \$80,000. Ph: 03-5159-4331.

**DANDENONG RANGES**, 5 1/2 ac, 4 b/r old home. Wood-fired water heater, Rayburn stove, tanks, paddocks, ample shedding, lge vegie garden, lge garage, 1 1/2 ac fern gully, views. Close to shops/schools. \$195,000. Ph: 03-9756-7150.

**FRENCH ISLAND** in Westernport Bay. No rates! Beautiful 40 ac of pasture, fully fenced, with dam. Fantastic sea views. FI is all farmland & nat pk with a population of 80. No services except ph - it's like stepping back in time. A truly self-suff lifestyle possible here. Offers around \$60,000. Ph: 03-6266-3473.

**BEECHWORTH, NORTH-EAST VICTORIA**. For sale: One well drained, fenced, fully serviced 1 ac block in a beautiful little country town, in foothills of Victoria's snow fields. The block fronts onto a good sealed rd, has a current planning permit, backs onto extensive park-like grounds (Mayday Hills campus, La Trobe Uni). Has outstanding views (& offers good privacy, peace & quiet as there's no noisy or close neighbours), is only a short walk to town/shops etc. Is great for self-suff as besides having beautiful rich productive soil, good rainfall & great drainage, has a 150 yr old 15' deep well (which has never run dry - was previously used to supply local brewery and is made of original, handmade, curved red clay bricks). Has small dam, fed from a bricked-in spring. No chemicals or cultivation for 20 yrs approx. Will sell for only \$45,000. Ph: Allison Brister, 03-5728-1999.

## TASMANIA

**LACHLAN - THIRTY MINUTES HOBART**. Enjoy superb views of the Derwent Valley on this 4 1/2 acre block with gently sloping, fertile pasture and eucalypt. Fully fenced with spring. Reduced for quick sale. \$25,000. Ph: 03-6288-2167 AH.

**NORTH TASMANIA, LOONGANA**, 30 kilometers north Cradle Mountain, 150 acres native forest, vantage onto River Leven, views of Black Bluff ranges and Loongana valley. Fantastic house site, abundant wildlife, secluded, 40 minutes to Devonport. Very reluctant sale of a piece of genuine wilderness. \$85,000 to buyer committed to not clear-felling. Ph: 08-8373-2436.

**TASMAN PENINSULA** - Palmer's Lookout, near Port Arthur, 100 acres forest and bush at end of road, perm creek, 2 dams, firewood, birds and wildlife. Million dollar views. Five minutes to beach and shops. Two cosy cottages, wood stoves, power and phone. Small orchard, garden, geese, ducks and chooks. Council approved subdivision into 4x25 acre blocks. Lifestyle, community, eco-tourism and subdivision potential. Very reluctant sale by pensioner at reduced price of \$175,000 or offers. Ph: Neville Curtis, 03-6250-2748. PO, Port Arthur, Tasmania 7182. Was WWOOF organic farm.

**GLENGARRY**, 30 mins to Launceston, 56 ac, mostly pasture, undulating, 2 lge dams, unlimited spring water, crk. Three b/r house, 2 bathrooms, spa, 2 living areas, bar, lge verandah. Beautiful garden, peaceful setting, several out-buildings, school bus at gate. \$189,000. Ph: 03-6331-5624.

**SEASIDE SERENITY**, privacy, shelter, 45 mins from Launceston, \$17,000 ONO. Reduced from \$24,500 for rapid sale. Clearing in 1 ac coastal bush, 300 m from unspoiled beach, next to golf course. Move into caravan, 2 sheds, u/ground power, ph, water tank. Serenity, sell below cost, photos, video. Ph: 03-6382-6100.

**FIFTEEN MINUTES DELORAIN** - 5 acres north-facing slope. Level house site, good access, fenced, dam, power and phone at gate. Shop and school nearby. \$30,000 ONO. Ph: 03-6398-1239.

**SCAMANDER, EAST COAST**, 2 b/r passive solar 'greenhome' on 6 1/2 ac. Power, mains water, orchard, vegie garden, dam, dbl garage, sheds, beaches, winter skiing, business opportunities, future subdivision. \$89,500. Ph: 03-6372-5346.

**GLENGARRY**, 30 mins from Launceston, 6 ha, fenced, water holes, septic tank approved. \$36,000. Ph: Tess, 03-6331-9380, or 03-6431-1175 AH.

**EAST COAST TASMANIA**, Little Swanport, 4 b/r house, studio, sundeck, panoramic views, 100 ac, shearing shed, dam. Must sell - illness. \$110,000. Details: 03-6257-1776.

*Please print your ad clearly  
so we can do likewise*



# GRASSIFIEDS

## PROPERTY FOR SALE WESTERN AUSTRALIA

**HALF SHARE** in 136 ac, bush block, various wetlands. Lots of flora & wildlife, very peaceful, lots of water, good potential self-suff farm. Suit family with kids, 30 km from Manjimup WA. \$45,000. Ph: 08-9777-1426, or 015-637-538.

**ONE ACRE** \$2500 and 1/2 ac \$1500. Georgetown village 1/2 hour north of Clare Valley. Established trees, easterly aspects. Vendor finance avail. Ph: 02-6651-8698.

## COMMUNITIES/SHARES

**UPPER NAMBUCCA**, 500 ac, mostly forest, cleared river flats, borders state forest. Swimable river, wildlife, f/trees. Community house, many house sites: 1/4 share – \$45,000. Ph/fax: Paul, 02-6564-4119, or ph Rob: 02-6564-4051

**YANDINA, SOUTH-EAST QLD**, 11 ac share in 320 ac bushland community, estab since 1972. Very private yet 5 mins to town, 30 mins to beach, 1 hr to Brisbane. Four b/r house + studio, ample solar power & solar/gas hot water. \$115,000 ONO. Ph: 07-5499-9363, 07-5442-4578.

**NIMBIN, STUNNING, PANORAMIC VIEWS** over Tweed Valley, 440 m above sea level (not steep!). Borders nat pk, dams, crk, good all-weather rd, totally private, nothing beats this. \$56,000. Ph: 07-5495-5769.

**AGRICULTURAL COMMUNITY.** Motivated adults send SAE to: PO Box 908, GYMPIE 4570.

**WANT A SELF-SUFFICIENT** lifestyle but put off by going it alone? I have 20 beautiful ac in the central Vic goldfields. Bitumen rd frontage, state forest on 3 sides. Very private, nearest neighbour 1 1/2 km, town 2 km away, 16 km from Dunolly. I seek 3 partners in the 40-55 age group at \$20,000 each. Land as-yet untouched so any ideas & improvements to be decided by the partners. Share house, expenses, work, ideas & rewards. Ideal partners would have experience in agri/horticulture or sales/marketing & be willing to generate income from property or business. Full lump sum not immediately required so various options considered. If interested please ring Shirley, 019-947-405, or leave message on 03-9369-1846.

**SELF-SUFFICIENCY GROUP FORMING:** Buy remote land so members can support each other (communal or own property) in very hard times from Y2K domino effect I anticipate from late this year. Permaculture shows most promise. Contact: Dave, on 015-248-649 (Stanmore, NSW).

**FAR NORTH COAST**, 35 km NW Lismore, Beautiful solid spacious home, wide verandahs, elevated position, extensive views, 4 ac, u/house garage & workshop. Organic gardens, f/trees. Complete privacy, power, ph, cabin, u/cover caravan, secure strata development, school buses. \$159,000. Ph: 02-6633-7033.

## PLACING AN AD?

See page 71 for details

## BUSINESSES FOR SALE

**CLOTHING RETAIL & HIRE SERVICE**, Vic NSW border. Time to move on after 20 years. \$175,000 WIWO. Lease neg. Ph: 04-1714-3386.

**HEALTH FOOD SHOP, CARINGBAH**, Sydney, estab 35 yrs, 3x3 lease, lunch bar, regular clientele, friendly environment, 5 1/2 day week, family business, newly renovated, clean & spacious. \$120,000 ONO. Ph: 02-9525-4542 AH.

## PROPERTY WANTED

**ACRES WANTED** for young family, anything considered, not afraid of hard work, vendor finance needed. Please contact Richard or Dawn, on 02-6892-5243. Desperate.

**FAMILY SEEKS SMALL ACREAGE** with dwelling; rent/buy or vendor finance to around \$50,000. Prefer Northern Rivers, consider elsewhere & MOs. Ph: Sharon, 02-6686-9767.

**HONEST, ENTHUSIASTIC COUPLE** need 3-4 b/r house/abandoned farmhouse/church 5 ac + in NSW. Vendor/deposit, rent/buy scheme pref. References avail. Ph: Mandy, 02-4342-7586.

## WANTED TO RENT/CARETAKE

**WANTED TO RENT/CARETAKE**, small house or cottage nth coast hinterland (or mid north coast), for alternative family of 3. Ph: 02-4998-8445.

**PERSON(S)** to share/caretake 30 ac Hunter Valley bush block, vegetarian, n/s preferred. Visitors welcome. Ph: 02-4938-2036.

**HOUSE FOR COUPLE** with dog within 45 mins of Melbourne centre. We're professionals working in the film & visual art areas, moving from WA to Vic in August. We aspire to GR philosophies. Alternatively, we have a 2 b/r house on 1 ac in Mundaring, WA, which may work as an exchange. Ph: 03-9295-2036, or 0419-932-097.

**FEMALE HOUSE SITTER**, 3 weeks in July. Feed and lock up pets. Cozy cottage on station near Armidale. Ph: 02-6778-1328.

## FOR RENT

**FOR RENT THREE BEDROOM HOME** Kookaburra Park Eco-village. Ph: Barry, 07-4157-2850.

**OWNER BUILT** 3 b/r house on acreage, stables, securely fenced, central all amenities. For earth caring, permaculture/organic people. Enquire: 07-5546-9388 AH.

**WHITSUNDAYS**, 5 ac, 1/2 ac intensive permaculture, 36 m<sup>2</sup> shed, power, ph, bore water. Close to school, servo, post office, beach. To let, minimum 1 year. Ph: 07-4947-5727.

**SELF-CONTAINED** – all facilities, modern, very clean, refurbished, + storage, or workshop, on acreage, treed, wildlife, semi-secluded, peaceful. Cooroy 15 mins, ideal location. Suit mature n/s person, retiree, craft, nature lover. Dog okay. \$75/p/w incl elec. Ph: Peter, 07-5447-9030.

## EXCHANGE

**LARGE MODERN HOME** near Brisbane River, tranquil setting on 1/2 ac, backs on to park land. Exchange for land over 10 ac, good soil, water, with out house. Ph: 07-3201-0865.

**SWAP BETWEEN NT & WA**, on offer 23 ac hobby farm in central wheatbelt, WA. House, solar power, gas heating/cooking, bore, good stock fence, bearing f/trees, windbreaks in place. Ph: Liz, 08-8927-3020.

## WANTED

**MINERALS/FOSSILS**, semiprecious stone for lapidary work. Decorative minerals & fossils for collection. Any attractive Australian material considered. Examples include quartz, amethyst, agate, chrysoprase, etc. Peter Hunt, Nature's Workshop, PO Box 53, NORTHCOTE 3070. Ph: 03-9482-2677. Fax: 03-9481-1393.

**SEVENTH-DAY SABBATH KEEPERS** seeking rural employment: keen youth with good work references for self-suff project, business or trade experience/apprenticeship. Also, mature lady with nursing experience seeking rural accom/employment/caretaking. Reply: Country Living (GR 127), C/- PO Box 117, SEYMOUR 3661.

## HANDCRAFTS

**CRAFT WORKSHOP VIDEOS:** Learn at home at your own pace from your personal, highly qualified instructor. VHS titles include spinning, weaving, beadwork, basketry, applique, tatting, knitting, crochet, lacemaking, felting, fabric painting and more. For full catalogue send long SAE to: Quick Spin Wool, Dept GR, RMB 1215, Shefford Rd, MEREDITH 3333. Ph/fax: 03-5286-8224.

**CAMELOT YARNS AND SELECTIONS**, Main St, Eldorado, Victoria, Australia 3746. Open by appointment – mail order available stockist of: Gaywool Dyes, natural coloured raw fleece, mohair/wool blend sliver, 8 ply yarn. Ph: 03-5725-1856.

**HAVING DIFFICULTIES OBTAINING** small gauge brass screws, hinges, catches, and associated brass fittings? We have an extensive range of 0g, 1g, 2g, 3g, etc from 1/4" long to 1". Also various woodworking tools, glues and abrasives. Backed up by a sharpening service. Send \$3 for catalogue (refundable off 1st order). East Gippsland Saw Service, PO Box 1168, BAIRNSDALE 3875. Ph: 03-5152-1001. Fax: 03-5152-1001.

**Make Your editor smile –  
Punctuate when writing ads for  
Grass Roots Grassifieds**

# GRASSIFIEDS

## HANDCRAFTS

**WAX SUPPLIES** for all crafts, candle, beeswax, sealing wax, sculpturing & colour dyes, wick, polish and advice. Ring or write: Handful Wax, PO Box 87, LAKE MUNMORAH 2259. Ph: 02-4358-1224.

**BEADS! BEADS! BEADS:** Unique selections of handmade glass, metal and wooden beads. Also findings, threads and kits available. Cost \$8 for samples, colour copy and info. Write to: Tsunami, PO Box 29, MARGARET RIVER 6285.

**THREAD BUNDLES, \*\*Clearance sale\*\*** Stranded cotton in bundles of 100 x 8 m skeins in 50 assorted colours. Shades matched to DMC - \$20 post free. The Big Bundle of Stranded Cotton of 240 colours - \$50 post free. Weaving reeds from 80c inch avail 8, 10, 12, 15 dents + post. Send 45c stamp for free price list. B/card, M/C, Visa, M/O, Chqs. Arty & Crafty, PO Box 40, DAW PARK, SA 5041. Ph: 08-8277-3763. Fax: 08-8276-2185.

## FOOD AND KITCHEN

**SLOW COMBUSTION COOKING STOVE:** wood heating; lge oven; excel condition; size - 855x855x625. Bargain at \$1400 ONO. Ph: 02-6550-7287.

**EXCALIBUR DEHYDRATORS.** Dry up to 20 kg fruit etc per day. For free info contact: EXCALIBUR, Box 203, TOLGA, Qld 4882. Ph/fax: 07-4093-3754.

**SAMAP STONE FLOUR MILL,** 'Bargain', 120 kg/hr, 1x3 phase, 1 single phase motor. \$1950. GC. Ph: 07-4057-5236.

**YOGHURT MAKER,** makes 1 lt yoghurt using Decor Dairy. Cost \$28 incl postage within Australia. Novum Plastics, PO Box 192, FERN-TREE GULLY 3156. Ph: 03-9752-5666, fax: 03-9752-6827.

**BEE POLLEN,** no additives, 450 g sample pack \$10. 1.9 kg pack \$35, 4.3 kg pack \$70, 14 kg drum \$185. Prices include p&p. JM Read, 8 River St, MURRAY BRIDGE, SA 5253.

**HOME STONE FLOUR MILLS** - mill your own stoneground wholemeal flour for cakes and bread at home with a Retsel Little Ark stone flour mill. Endorsed by Housewives Association. Write for catalogue to: Retsel Distributors, PO Box 712, DANDENONG 3175, encl 3 postage stamps. Ph: 03-9795-2725. Distributor enquiries welcome.

## HEALTH & BEAUTY

**HERBS: FULL RANGE** of dried medicinal herbs & teas, essential oils, flower remedies, ointments. For catalogue send SAE to: Burnell Natural Therapies, 5/13 Chandler Rd, BORONIA 3155. Ph: 03-9762-9750.

**COMPLETELY NATURAL SOAP'N'STUFF** - for complete catalogue send 2x45c stamps to: Aylwen Garden, PO Box 42, YARRALUMLA ACT 2600.

DEADLINES: GR 128 - JUNE 30TH  
GR 129 - AUGUST 30TH

**ORGANICALLY GROWN** Traditional Herbal Remedies for everyday conditions: arthritis, psoriasis etc. For catalogue please send SAE to: Tintagel Herbs, PO Box 27, CENTRAL TILBA 2546.

**HANDMADE PURE VEGETABLE OIL SOAPS.** For a product brochure send SAE to: Bushcraft Soaps, Lot 3, Counter Rd, MS 591, GYMPIE 4570.

## MISCELLANEOUS

**'HOW TO RUN YOUR CAR ON ZERO POINT ENERGY'.** Breakthrough of the century. Simple concentric cell harnesses universal energy. Full construction details. New release. \$38 ppd. VISA/Mastercard. **ROCKET MUFFLER** - Hi-tech vortex system extracts exhaust gases to point of VACUUM. Astounding performance and economy. Big on pulling power and saving \$\$\$.

**Tractors, cars, bikes and generators. FUEL VAPOR SYSTEMS** - Reports 60 MPG with big V8s. No performance loss. Easy to build and reliable. **MODIFIED EMPRO 2000.** Latest in vapor technologies. **SAVE THE FARM** - Learn the secrets to building wealth off shore. Completely legal ways to reduce your taxes and protect your assets. \$5 for video, refunded on its return. Free info pack on all items: NUTECH 2000, Box 255 N, IVANHOE 3079. E-mail: nutech@arc.net.au

**COMPRESSOR PLUS RAMMER** for rammed earth home. Works well. Ph: 02-6493-7290.

**MOTORHOME, 30x8',** dual fuel, professionally fitted out, sleeps 4 comfortably. Kitchen, lounge, plenty of cupboards, lge annexe. May consider land, boat, car as trade. Full price \$15,000. Ph: 07-3808-5250, 0412-730-040.

**SILVER WIRE 99.999% PURE,** suitable for making colloidal silver with diagram and notes for making your own colloidal silver. Price \$20 for 2 x 100 mm pieces. Ph: 07-4162-2373, post free.

**STONE FLOUR MILL,** large, 2 x 4 ft dia/9 inch, under driven. Red granite stones 1 ton each. Fresh cut stones 130 kg - 200 kg/hr. Fine Flour - \$6500. Also large cylindrical sieve - \$850. Ph: 07-4057-5236.

**CAN YOU USE A SPANNER** and screwdriver? Three different almost unknown businesses you can run from home. No opposition. I've retired so the secrets can be yours. No canvassing or mail order. Start with \$50 capital. Details free. Send SAE to Peter Gardner, 13 Harlequin St (PO Box 571), LIGHTNING RIDGE 2834.

**RADIATION-FREE SMOKE ALARMS,** battery (\$45) or mains (\$52), photoelectric, postage \$4.50. Ph: 03-5154-0151. 3D Lights, RSD GOONGERAH 3888.

**PET PRODUCT CATALOGUE,** top quality products for your dog. Write: Country Canines, Bates Rd, KIN KIN 4571, with 4x45c stamps.

**KARRI BEAMS, EX-JETTY,** 150 mm x 300 mm x 5.5 metres. \$80 each. Ph: 08-9731-5328.

**TRIDENT TIPIS.** Professional workmanship, quality materials, traditional designs. For brochure, samples and prices write to: 'Earth Mother Craft', Lot 107, Cedar Creek Road, via MILLFIELD, 2325. Ph: 049-981-659.

**TIPIS, 10'-22', FROM \$460.** Colonial tents, tarps, awnings, annexes, canopies, tonneau covers, swag rolls. Leather, deerskin, suede clothing, any size, any design, yours or ours. Western and Indian style fringed gear a specialty. Wholesale prices. Bojo Products, BENALLA. Phone: 03-5762-2145, mobile: 015-048-196. Tipi hire avail.

**NATURAL SKIN CARE PRODUCTS,** handmade soaps & candles. Send SAE for catalogue of over 120 products. Forest Edge, 242 Albert St, MARYBOROUGH 4650.

**GREYWATER SYSTEM,** easy to construct and fully tested. Council approved (Lismore NSW). Combines a treatment unit and seepage/evapo-transpiration system. Plans and specifications available at \$50 per set from: Sustainable Greywater Systems, PO Box 176, NIMBIN 2480. Ph/fax: 066-891-703.

## COURSES

**PERMACULTURE DESIGN COURSES** at Crystal Waters Permaculture Village, August 1st-15th, October 17th-31st. Practical, interactive and exciting courses for both urban and rural dwellers wishing to work towards sustainability from the grassroots. Tutors: Morag Gamble, Evan Raymond, with Max Lindegger and others. Ph/fax: 07-5494-4833, Lot 50 Crystal Waters, MS 16, MALENY, Qld 4552. syzygy@squirrel.com.au

**HOME BIBLE SCHOOLS INTERNATIONAL** would like to advise that its teaching services are now available on the Internet. This is in addition to the courses offered through post office mail. All courses are free of charge. Addresses for information: Douglas Parrington, PO Box 253, CHRISTIES BEACH, SA 5165. E-mail: <doug@senet.com.au>. Internet Web Site: <<http://www.homebibleschools.com/>>.

**BEE GENTLE** offers a Beekeeping course, which includes all info for keeping bees by small & hobby producers + a range of Beekeeping Supplies. 67 Katrina St, BLACKBURN NTH 3130. Ph: 03-9877-1433.

**COB EARTH BUILDING WORKSHOPS:** Sculpture a house from earth, including arches, shelves, niches. Make a cob bread/pizza oven. Five day workshops. Sat-Wed, or just come for the weekend. March 28-April 1, April 25-29, May 16-20, July 1-5, September 19-23. Contact: Edible Landscapes, ph: 07-3870-3872, fax: 07-3870-5890.

**PERMACULTURE DESIGN COURSE.** New-castle and the Hunter Valley. The course venue is the Grey Gums Permaculture Garden at Toronto, from August 16 - 29. Ph: Andrew Murdoch for course details, 02-4950-4134. Property design and consultancy services are also avail.

# GRASSIFIEDS

## COURSES

**HERBAL MEDICINE.** The School of Herbal Medicine, estab in Australia in 1985, offers a 1 year home study course. For details, write to: PO Box 2310, TOOWOOMBA 4350.

**EARTH BUILDING & LIFESTYLE** – Learn about building with rammed/poured earth, rendered straw bale, mud brick, associated products & lifestyle. Attend Starting Point Seminars in Earth Building Techniques; stay at Earth House B&B, or get yourself started with Starter Pack – A guide to building your house of earth. Contact: Cherie, PO Box 222, COCKATOO 3781. Ph: 03-5968-1686.

**PERMACULTURE DESIGN COURSES.** For SE Australia – Nov 29 to Dec 11. Weekend course 12th & 13th September. Enquiries: Hugh Gravestein, 02-6494-2014.

**CORRESPONDENCE STUDIES.** Diploma and certificate programmes, professionally recognised. Learn for personal interest or business practice. Select one brochure from: Aromatherapy, Vitamin & Nutrition therapy, Traditional Folk Medicine, Animal Medicine (The 'Green' Vet), Psychic Healing, Pre-school Childcare (Nanny-Minder), Safety & Security Counselling, Personal Psychic Development, Traditional Wicca. New course: 'Herbs For All Ways And Always'. Wiccan Home Studies, PO Box 138, SURRY HILLS 2010. Ph: 02-9319-6166 BH only.

## LIVESTOCK

**MINIATURE PIGS,** black & white or solid black. Fantastic pets, very friendly, piglets avail. Adult size – average same as German Shepherd dog. Price \$150 ea. Enquiries: PO Box 747, TWO WELLS, 5501 SA, or ph: 08-8520-2909.

**DEXTER CATTLE,** low maintenance small acreage. Stud quality grade females. Heath Hill Stud Ph: 03-5997-8323.

**CATTLE:** The British White Cattle Society of Australia Ltd, est 1983. New members welcomed. Get in on the ground floor now. Australian and imported bloodlines available. Enquiries to: PO Box 546, CABOOLTURE, Qld 4510. Ph: 075-496-8271 or 076-958-561.

## GARDEN AND ORCHARD

**LIQUORICE.** Grow your own, all enquiries: Liquorice, GR, MS 726, GUNALDA 4570.

**APPLE TREES.** Huge range of heritage and modern varieties. Desserts, cookers, ciders, crabs. SAE to: Badger's Keep, CHEWTON 3451, or ph/fax: 03-5472-3338.

**TREE GUARDS** all shapes/sizes from under 10 cents each. Bamboo stakes & weedmats. International Reforestation Supplies, 510 Bellbird Rd, BAIRNSDALE 3875. Ph/fax: 051-579-404.

**BOB MAGNUS'S FRUIT TREES,** for my 1998 list of apples, pears, plums on dwarfing rootstocks, plus quinces and hazelnuts please send 3 x 45c stamps to: Bob Magnus, WOODBRIDGE, Tas 7162.

### PLACING AN AD?

See page 71 for details

**CHINESE ARTICHOKE** (*Stachys affinis*) Unusual small spiral winter root vegetable, imported by us from China. Unrelated to globe or Jerusalem artichokes. Mild nutty flavour, crispness of water chestnuts, delicious stir-fried. **NEW ZEALAND YAM/OCA** (*Oxalis tuberosa*). Delicious pink winter root vegetable, bake with roast. Both perennial tubers, multiply readily, probably best in cool and temperate climates. For mail order growing kit(s) of tubers, recipes & notes send Bundanoon Village Nursery, PO Box 83 (Penrose Rd), BUNDANOON 2578, \$25 for 10 Chinese artichokes, \$20 for 15 NZ yams. June to end August. Ph: 02-4883-6303. As seen on TV. Not WA.

**MULTIPLYING ONION PACK:** 2 tree onions, 2 white potato onions, 1 brown potato onion, 2 Welsh onion sets, 2 colonial garlic. \$12 incl postage. Lindsay Morris, RMB 218, TRENTHAM 3458. Ph: 03-5424-1434.

**TOTALLY ORGANIC** Liquid Plant Food, \$3.50 per 1lt bottle + postage. Reductions for larger quantities. Ph: 02-6722-3831.

**COMPANION PLANTING CHART.** Over 90 vegetables, herbs & fruits, including plants as insect repellants. **Sow When Chart.** Suggested sowing times for 100 vegetables, herbs & flowers. Mail order \$7 each + \$3 p&p. Plum Products (G), PO Box 120, Wards Rd, TAMBO UPPER, 3885.

**WOODBIDGE NURSERY,** field grown perennials, species lilliums, hellebores, double primroses. For mail order list send 4x45c stamps to: PO Box 90, WOODBRIDGE, Tas 7162.

**VEGIE SEED CATALOGUE,** send stamped SAE to: GGO, PO Box 908, GYMPIE 4570.

**FREE \$4.50 packet** of mixed gourd seeds when you purchase your new 52 page *Gourd Growers Handbook* \$18. Mixed packets, Ornaments, Hardshells, Luffa sponge, Cannon Ball, Calabash, Bean, Bottle, Birdhouse, Goose, Maranka, Coloured Corn - \$4.50 packet. Minimum purchase \$9. Bulk pkt \$10 - 30 seeds. Giant Gourd mix - 9 seeds \$10/packet. All prices include p&p. Money back guarantee. Send your order to: The Gourdfather, PO Box 298GR, EAST MAITLAND 2323. Ph: 02-4933-6624. PS: Craft books also available.

**EARTHWORMS. FREE,** the most comprehensive catalogue of books on this subject. Send a business size SAE to: Worm World, PO Box 204GR, ROLLINGSTONE, Qld 4816. Ph/fax: 07-4770-7001.

**BAMBOO: PLANTS - BOOKS - FLOORING,** 250 species, running or clumping. 15 titles bamboo books. Bamboo flooring boards now in stock. Send \$4.50 in stamps for catalogue. Bamboo Australia, BELLI PARK, Qld 4562. E-Mail: bamboo@bamboo.oz.com.au

**TOBACCO SEED. ORGANICALLY GROWN** (Virginian), cultivation and curing notes included. Send \$5 to Lyn O'Brien, C/- PO, BARMAN 3639.

**'TREES FOR FARMERS'.** www.nativenursery.com.au. Mildura Native Nursery ph: 03-5021-4117.

**TOBACCO SEEDS** selected from quality, best flavoured plants. Organically grown. Seeds and instructions \$5. E Madge, PO Box 114, POMONA, Qld 4568. (MS 626).

**LOOKING FOR HERITAGE** or traditional fruits & vegetables? Join the Heritage Seed Curators Association. Our regular 'Seed Listing' winter issue of *The Curator* lists the sources for thousands of vegie, herb & fruit varieties. Our summer issue has major articles, tips and notes about saving heirloom varieties. Membership costs \$25 PA or \$18 for low income earners. Contact HSCA, PO Box 1450, BAIRNSDALE, Vic 3875.

**RAINFOREST SEED COLLECTORS** national link-up. Buy and sell local seed. Our newsletter has lots to offer. Local seed grows better and doesn't pollute your gene pool. Quarterly newsletter subs \$20, concession \$10. Offer local seed – free subs. RSC, Private Mail Bag, BELLINGEN 2454. Ph: 02-6655-2233.

## HOLIDAYS

**RUSSELL ISLAND LAND TOURS,** accom & no-stress holidays. Permaculture, fishing, canoeing, mountain bikes, horses, yacht trips – and more. Backpacker prices: Ph: Canoeworld, 07-3409-1960. Email: trev@canoeworld.com

**CARAVANNERS! CAMPERVANNERS!** All 'on-the-move' travellers! Has your mail ever been delayed? Followed in your wake? Returned to sender? Or worse...permanently lost?! Solve this problem now and forever by using Landbase Australia for a single, stable postal address. Contact Jan for further details about the reliable Mail-Forwarding and Message Service for 'on-the-move' travellers. Fax: 04-3237-326, Ph: 018-686-461, Post: PO Box 183, GOSFORD, NSW 2250.

**HEALTHY WEEKENDS** for couples. Gympie. Ph: 07-5483-6736.

**LAMINGTON GLEN** – rainforest retreat, secluded cabin. Everything supplied except food. Ph: 075-544-8166.

**MORUYA – FAR SOUTH COAST NSW,** romantic 1b/r and family 2 b/r bush cabins. Big open fires. \$250 per week. \$100 per weekend. Ph: 02-4474-2542, pm.

## SERVICES OFFERED

**HOME PLANS.** 90 plans for handcrafted homes of mud brick, rammed earth, stone, poured earth, straw bale, pole frame & timber construction. Mail \$62 (p&p incl) for The Earth Builders Plan Catalogue, to: John Barton, Building Design, 31 Sharp Street, NEWTOWN, Geelong 3220, or ph: 03-5222-5774 for fixed quote to draw/document your home plan. Bankcard, Visa, Mastercard, cheques accepted.

*Don't forget the deadline if wishing to advertise in Grass Roots*

# GRASSIFIEDS

## SERVICES OFFERED

**HANDYMAN**, preferably n/s, n/d, vegetarian, required to look after sml farm in return for accom. Ph: 02-6689-7244, or 02-6679-7065.

**PROOF READING SERVICE** of your written English offered. Experienced teacher, to children & adults, of basic & remedial literacy, communication, literature, English as a Second Language. Degrees in Arts (English literature & language majors) & Education. Speech & Drama Diploma. For a careful, confidential & speedy response to your writing, please send \$5 (cheque or money order) per A4 page (double-spaced, and preferably typed). Return postage incl in charge. No responsibility accepted for the content of your material. G Carrick, PO Box 1878, CAIRNS 4870.

**MUDBRICK (EARTH WALL) TESTING** – certificate for council. Effluent Disposal design (AS1547) for domestic premises. Soil testing. Hackett Laboratory Services, 4/8 Bellbowrie St, PORT MACQUARIE 2444. Ph: 065-832-635. Fax: 065-837-453.

## OPPORTUNITIES

**INDIVIDUALS WANTED** in establishing small spiritually orientated community for the coming Earth changes and transition. Will need to be open minded & have some money for supplies, dwelling, etc. People believing in forces greater than themselves need not apply. Ph: Con, 03-9752-6063.

**CENTRAL QUEENSLAND GEMFIELDS**, Large building complex, self-cont units, tourism potential, 3 km Rubyvale Village, 95% complete. \$110,000 ONO. Ph: 07-4985-4252.

**FREE ACCOMMODATION** on vineyard in SE Queensland for a viticulture/permaculture person. Reply to: PO Box 12, BALACLAVA 3183.

**1998 NATURE WRITING COMPETITION.** The friends of Mallacoota is holding its second Nature Writing Competition which aims to encourage knowledge of, appreciation of & respect for the natural environment. Entries should convey, in poetry or prose, an enthusiasm for the natural world in an interesting, amusing, evocative, powerful or personal way. Entry will be in 2 categories: Adult (18 yrs & over) prize \$200, Youth (under 18 yrs) prize \$75. Maximum length 1500 words. Entry fee of \$2 must be submitted with each entry. Closing date July 31, 1998. Nature Writing Competition, C/- PO, MALLACOOTA 3892.

**SETTING UP A SHANGRI-LA.** A place of nature. Building indigenous huts, building organic gardens. Take part, come & learn, come & teach. Wanting caretakers to live in the forest. Contact: Roger, 02-4355-1037, WATAGAN FOREST.

## CALENDAR EVENTS

**SPINNERS AND WEAVERS INC.** Exhibition and Sale, 6 & 7 June, 10 am - 4 pm. Berry School of Arts, Alexandra St, BERRY NSW.

**DEADLINES: GR 128 – JUNE 30TH  
GR 129 – AUGUST 30TH**

**HERB CONFERENCE 1998**, 4th & 5th July 1998. At Dookie College, University of Melbourne (near Shepparton, Victoria). Further info/enquiries: Neil Aird, The Centre, Wangaratta. Ph: 03-5721-6166, fax 03-5721-9994.

**THE SHEEP AND WOOL SHOW** will be held at the Royal Melbourne Showgrounds from Thursday 16 July to Sunday 19 July. It is organised by the Australian Sheep Breeder's Association Inc (ASBA) and the Royal Agricultural Society of Victoria Ltd (RASV). For Further info: Brian Morley, Public Relations, Royal Agricultural Society of Victoria, Ph: 03-9281-7420.

**SOUTH COAST FIELD DAY** for Sustainable Land Use and Sustainable Living. Land Use, Building and Technology, Forestry, Community and Cottage Industry. August 22 and 23rd. Bega Valley. Enq: 02-6494-2014, 6492-7306.

**CRYSTAL WATERS PERMACULTURE** Village, 'the motivating edge' conducts 1/2 day permaculture and community tours on the 1st and 3rd Saturday of every month. Contact James on: 07-5494-4721 for info, or write to: 'The motivating edge', Crystal Waters, MS 16, MALENY 4552. Booking is essential.

## CLUBS

**NATIONAL ALLERGY ASSOCIATION** of Australia (NAAA). Information, counselling, newsletter. For information and membership write to: PO Box 280, PARRAMATTA 2124.

## PUBLICATIONS

**WANTED: 'SKOOK', BY JP MILLER**, published in mid '80s. Paperback – white cover with shiny rainbow-coloured writing. Please contact: Kim, PO Box 117, SEYMOUR 3661. Ph: 03-5794-7256 BH.

**PATH OF DISCOVERY**, lesson journals of Steiner school teacher covering classes 1 to 3. Ideal for teachers & home schoolers. Details: E Fairman, 117 Deepwater Rd, CASTLE COVE, NSW 2069.

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# GRASSIFIEDS

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**AUSSIE WOMAN**, early 40s, n/s, s/d, 5'4", slim, attractive, SOH, seeks eventual male partner aged between 38 - 48. My soul mate should be well-educated, n/s, honest, slim, preferably tall, unattached & balanced man who is interested in a friendship initially. It is then essential that a genuine desire exists towards making a life together. I presently live in Sydney area, but may be prepared to relocate for right man. My interests: gardening, good conversation, socialising with friends, BBQs, cooking, walking, dancing, yoga & permaculture. NB: photo appreciated. Write: EM (GR 127), C/- PO Box 117, SEYMOUR 3661.

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### PLACING AN AD?

See page 71 for details

**BACKWOODSMAN**, Northern Rivers NSW, battling farmer, tinkerer, 'hunter & collector'. Intelligent, educated, humble nonconformist, constructive quiet achiever. 'Politically incorrect', traditional values, 'brownie' not 'greenie'. Interested self-suff, survivalism, machinery, wilderness. Reclusive loner, never married, never separated, young 43. Thin build, clear complexion, n/s. Correspond similar female. PO Box 101, UKI 2484.

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**MALE, 30, LIKE TO MEET LADY**, 20 - 40, to share my dream of building a house & living the GR lifestyle on my property (north-west slopes). Prefer Sydney lady as I still reside there. Contact Pete, on 04-1170-1280.

**MALE, 58**, seeks female friend, n/s, n/drugs, social drinking. All replies answered. G (GR 127), C/- PO Box 117, SEYMOUR 3661.

**ENJOYS LIFE, SWISS GUY**, 41, well-travelled, 180 cm, medium build, lovely smile. Seeks lady, 36-40, slim, size 10-12, who enjoys country living & the outdoors, lives also approximately 2 hours travelling distance around Tamworth. Like to know more about me? Please write (photo appreciated) to: Pisces (GR127), C/- PO Box 117, SEYMOUR 3661.

**LADY, YOUTHFUL MID FORTIES**, loves life, spiritual interests, arts, theatre, horse riding, tennis & travel. Searching for N/S N/D healthy, happy male companion with no ties who doesn't mind odd socks in the wash. Suzi (GR 127), C/- PO Box 117, SEYMOUR 3661.

**GENT, 48**, seeks: attractive, slim, professional or business lady, with interests in walking, swimming, fine food, a little travel, cappuccinos, art galleries, craft shops, photography & classical guitar & a little singing! Reply to: Paul, PO Box 122, WALLSEND 2287.

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**MALE, 52**, naturopath & chiropractor into alternative lifestyle, seeking a young female with same ideas. Neil, 17 Meld St, DURACK 4077. Ph: 07-3372-9162.

**MINER FOR A HEART OF GOLD**, man, 46, slim build, n/s, likes outdoors. Own home on 15 ac near beach. Extensively touring NT & Kimberleys next year with 4WD & camper trailer & boat. Interests are fishing, whale watching & travel. Please call me or write to: Steve Brady, M/S 2011, Sarina Bch Rd, SARINA BEACH 4737.

**BUNDABERG LADY**, 30 years old, semi-vego, nonconservative, seeking nonsmoking fit man to 35 for outings VTPR. Loves gardening, permaculture, birds, camping, travel, nature. Has 4 year old child so must like kids. WR (GR 127), C/- PO Box 117, SEYMOUR 3661.

**MATURE CHRISTIAN** single lady committed to country living & natural therapies, seeks like-minded Seventh-day sabbath-keepers for pen friends. Enjoys bushwalking, gardening & keen to learn self-suff skills. Love to hear from you, all ages. VG (GR 127), C/- PO Box 117, SEYMOUR 3661.

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## VICTORIA

**GUY, 38, HAPPY**, positive, enjoys surfing, GR lifestyle, Melbourne area. Seeks similarly inclined female. Ph: Phil, 03-9689-4643.

**CHRISTIAN SINGLE PROFESSIONAL** woman, 44 years, nonsmoker, nondrinker, quiet, sensitive, very fit. Interests: running, cycling, swimming (all sports), healthy living. Seeks soul mate, active Christian man with similar interests, age 40s. Genuine replies only. Write: M (GR 126), C/- PO Box 117, SEYMOUR 3661.

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# GRASSIFIEDS

## CONTACTS

### VICTORIA

#### MELBOURNE OUTER EASTERN SUBURBS.

My name is Ian, I am 51 years old, single, never been married. My star sign is Leo. I am 170 cm tall, nonsmoker and only a light social drinker. I am fair-haired, blue-eyed, broad-shouldered and have a fairly solid build. My nationality is Australian. I have a secure job as canteen manager and I am financially secure. My religion is Anglican. I consider myself to be a quiet, tidy, easy-going person, gentle, caring, friendly & down-to-earth. I am not into drugs. I am mechanically-minded and a good handyman. My interests are classical music, gardening, concerts, picnics, flora and fauna, photography, camping, travelling, walking, dancing, looking after home, long weekends in the country, vintage machinery. The lady I'd like to meet should be single, no ties, 38 - 49 years old give or take a year, who dresses casually like myself and who has a view to friendship & companionship with a view to perm r/ship if compatible. Photo appreciated but not necessary. I live in outer eastern suburbs of Melbourne by myself. I also own house and car. All photos will be returned safely. All replies will be answered. Write: JJ (GR 127), C/- PO Box 117, SEYMOUR 3661.

DEADLINES: GR 128 - JUNE 30TH

GR 129 - AUGUST 30TH

**WOMAN, FORTY-SIX**, tall, slim, fit. Interested in gardening, alternative lifestyle, permaculture, the outdoors and cooking. Seeking man of similar interests. Prefer tall, intelligent, loyal and loving man with good sense of humour. Gemini (GR 127), C/- PO Box 117, SEYMOUR 3661.

**ARIES MAN, YOUNG FORTIES**, easy-going, n/d, s/s, living on 40 ac in golden triangle. Interests: gardening, prospecting, cooking, motorcycling etc. Wish to meet like-minded lady, self-motivated with an adventurous outlook on the quality of life. Aries Man (GR 127), C/- PO Box 117, SEYMOUR 3661.

### TASMANIA

**MALE, 57**, tall, competent & fit, n/s, s/d, quiet & sincere. Interests incl organic gardening, fishing, reading, ABC, environment, current affairs, simple things in life. Seeks a slim lady, 45 - 55, with gentle soul & honest expression of emotions, similar interests & ideas, as a lifetime partner. Burnie/Wynyard, prefer - NK, PO Box 521, WYNYARD, Tas 7325.

### WESTERN AUSTRALIA

**GENUINE CAPRICORN LADY**, 5' 3", 50 kg, n/s, s/d, city worker, country dreamer. Interests many incl gardening, outdoors. Would like to meet/write to a positive thinking, caring man, 45 - 60, who has energy & enthusiasm, healthy lifestyle, loves country living and what he does. Must be completely unattached, no smokers/drugs or problem drinkers. Interstate correspondents welcome. Reply to: WA (GR 127), C/- PO Box 117, SEYMOUR 3661.

### GRASSIFIED ABBREVIATIONS GUIDE

SOH - Sense of Humour

S/C/Stove - slow combustion stove

MO - Multiple Occupancy

SAE - Stamped Addressed Envelope

s/d - social drinker

n/s - nonsmoker

crk - creek

r/forest - rainforest

mtn - mountain

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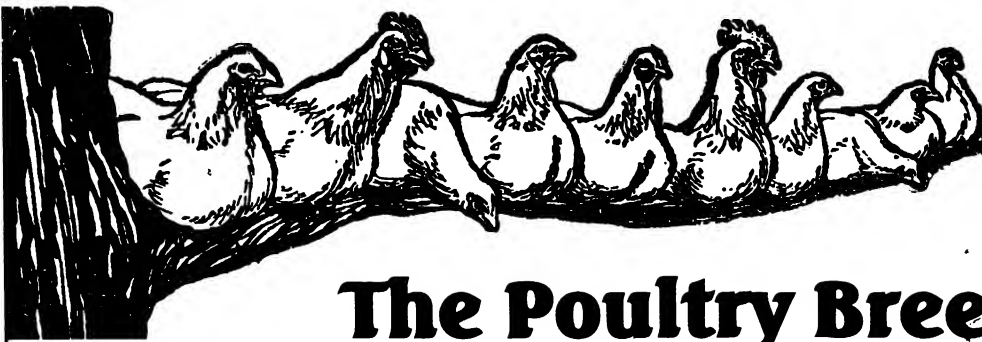
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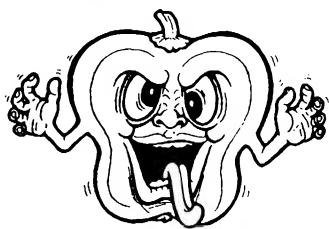
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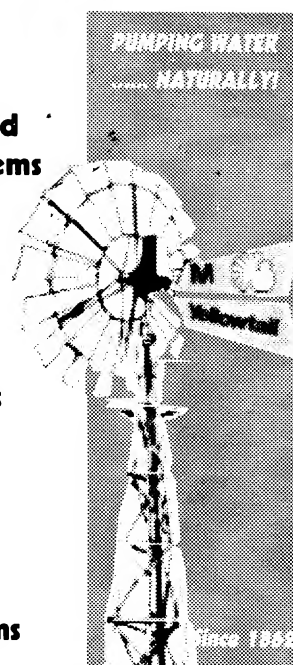
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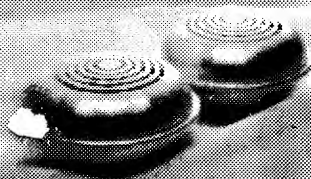


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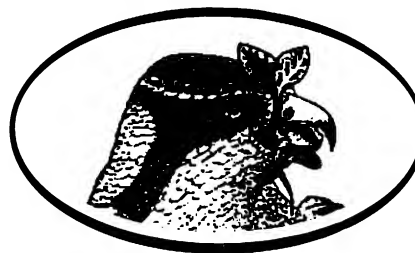
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